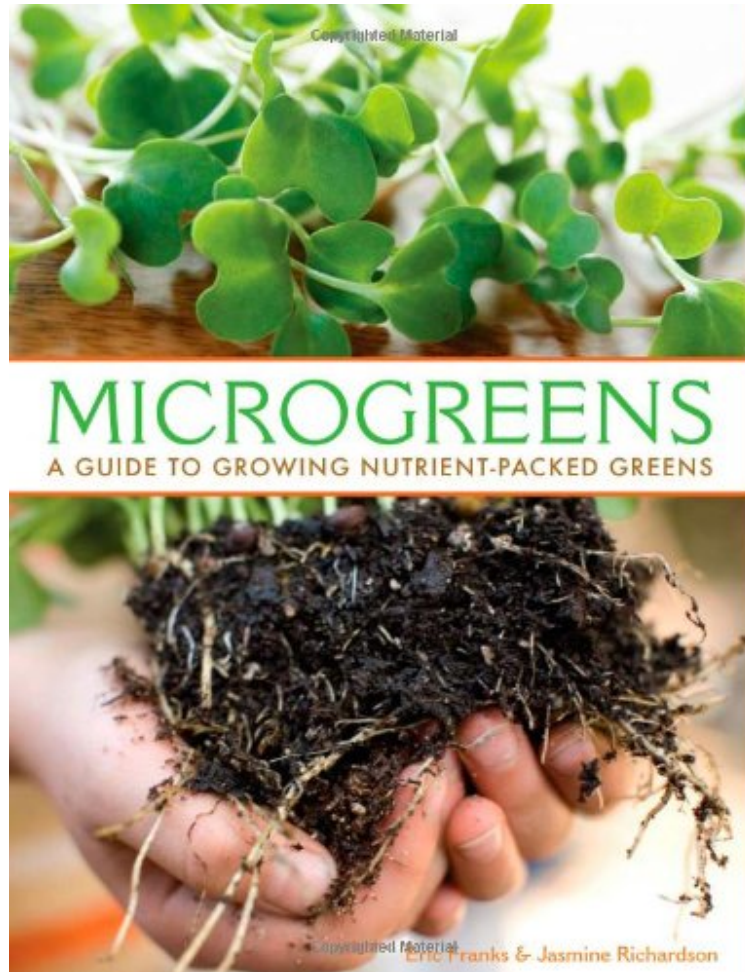


[Pdf free] Microgreens: A Guide To Growing Nutrient-Packed Greens

## Microgreens: A Guide To Growing Nutrient-Packed Greens

*Eric Franks, Jasmine Richardson*  
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**Eric Franks, Jasmine Richardson : Microgreens: A Guide To Growing Nutrient-Packed Greens** before purchasing it in order to gage whether or not it would be worth my time, and all praised Microgreens: A Guide To Growing Nutrient-Packed Greens:

7 of 7 people found the following review helpful. A Real Guide To Growing MicrogreensBy clyde johnsonThis is a really important book with key advice on starting to grow microgreens. I had been been growing microgreens for about a year before buying the book and I found many points in the guide of which I was unaware and improvements to make in what I have experienced. It is thorough and to the point.5 of 5 people found the following review helpful. Excellent Book, fast shipping book in new condBy Jill mcfallExcellent information and great pictures. This is a Very solid book. I have ordered it for others. Anyone can grow greens year around and this book will show you how. the best place to buy seeds in bulk is:Kitazawa Seed Company: Asian Vegetable Seeds, Oriental ...www.kitazawaseed.comThe book doesn't tell you this. I like to buy the a lb. at a time. Email them for shipping

charges. I found the 1020 trays at Mega Greenhouse online 100 shipped were about \$90 if you only need a few Wal-Mart, or a nursery. 2 of 2 people found the following review helpful. Excellent By Aris Most useful and resourceful book about microgreens. Suited for home growers, professionals and cooks. Great depth of details, great pics and valuable links. Highly recommended.

With simple instructions, *Microgreens: A Guide to Growing Nutrient-Packed Greens* by Eric Franks and Jasmine Richardson, shows readers how to grow their own little greens of arugula, basil, purple cabbage, chard, radishes, broccoli, cilantro, and more. *Microgreens* teaches the easy process of how to plant and grow, as well as how to harvest little greens, which on average is about 2 weeks after sowing. Eaten alone, as a salad, or added to soups, entrees, sandwiches, burgers, or anything else, these tiny greens of nutrition will enhance everyday food and life! Only a small amount of space is needed to grow microgreens a porch, patio, deck, or balcony, indoors or outdoors, will do. This allows anyone to easily incorporate microgreens into their daily meals, and the greens' nutritional potency make them a must-eat in a healthy diet, any time of the year!

From the Inside Flap **MICROGREENS A GUIDE TO GROWING NUTRIENT-PACKED GREENS** Recognized as some of the most nutrient-dense greens available, those tiny leaves known as microgreens are packed with big flavor. And now, with simple instructions, you can grow your own little greens of arugula, basil, purple cabbage, chard, radishes, broccoli, cilantro, and more. *Microgreens* teaches the easy process of how to plant and grow the little greens, as well as how to harvest which on average is about 2 weeks after sowing. And the small amount of space needed to grow microgreens a porch, patio, deck, windowsill, or balcony allows them to be easily incorporated into daily meals. The greens nutritional potency make them a must-eat in a healthy diet. Eaten alone as a salad or added to soups, entrees, sandwiches, burgers, or anything else imaginable these tiny greens will enhance everyday food and life. Eric Franks interest in agriculture began after meeting and apprenticing under farmers Tim and Fabienne Rapsey on their Biodynamic Farm in Kimberton, Pennsylvania. Jasmine Richardson grew up bi-coastally, spending winters in Pennsylvania and summers in California. Raised by gardeners, she has always loved plants. Eric and Jasmine currently reside on the Oregon coast, where they own a small microgreens business, True Leaf Microgreens. Cover photography 2009 Margaux Gibbons Back cover (top, center) 2009 Sara Remington From the Back Cover Learn how to plant, grow, and harvest the most nutrient-dense greens available in pots or trays on your porch, patio, deck, balcony, or windowsill. About the Author Eric Frank and Jasmine Richardson reside in Big Sur, California, where they own Microcosm Microgreens. Eric Frank and Jasmine Richardson reside in Big Sur, California, where they own Microcosm Microgreens.