



## Sprouts: The Miracle Food: The Complete Guide to Sprouting

By Steve Meyerowitz, Michael Parman, Beth Robbins, Steve Meyerowitz

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The Sproutman's guide to indoor organic gardening shows you step by step, how to grow these delicious baby greens and mini-vegetables in just one week from seed to salad. This guide can make anyone a self sufficient gardener of sprouts that are bursting with concentrated nutrition. Includes comprehensive nutrition charts, Questions and Answers, seed resources, illustrations, photo's & Charts.

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### **Editorial Review**

#### Review

"This is definitely the complete guide to the seeds and tools necessary to cultivate hundreds of pounds of food. ... A book overflowing with information. There is an integrity of good health here. And Meyerowitz writes with just the right pent-up passion to make converts of us all." -- *Book Reader Magazine*, July 1997

Meyerowitz is definitely the Sproutman. We never knew there were so many sprouts --- so many flavors and textures. ... The medicinal properties of these little plants, not to mention their prodigious nutrition does indeed make them a miracle food. -- *Healthy Times Magazine*, March 1998

This guide can make anyone a self-sufficient gardener of sprouts that are bursting with concentrated nutrition. And no one says it better than the man of greens himself--the Sproutman. --*Natural Foods Merchandiser*, January 1998

#### From the Inside Flap

The Kitchen of tomorrow will grow food in addition to preparing it.

#### From the Back Cover

Sprouts The Miracle Food. The Agriculture of Tomorrow is Here Today.

Our grandparents bought their food from the local farm. Today, it flies in on airplanes after being sprayed with chemicals, irradiated and genetically altered. It's enough to topple the Jolly Green Giant....or give him cancer. Can we keep our food pure, fresh, local, and available year round? Yes! For the price of beans! As the world population multiplies, the kitchen of tomorrow will grow food in addition to preparing it. Why wait? The secrets to creating self-sufficient, organic meals are just pages away.

#### One week from seed to salad

Your friends & family will delight in eating fresh, organic young vegetables in the middle of the Winter. Sprouts are baby plants at their most nutritious stage. They're bubbling with enzymes and phyto-chemicals. You can feel their vitamins! Twice the protein of Spinach! Four times the protein of lettuce. Flavors like succulent buckwheat lettuce, hearty baby sunflowers and spicy garlic chives. Introduce them into your kitchen and bring sunshine to your diet. No green thumb and no soil necessary. It's Easy. It's Fun. This book shows you how.

### **Users Review**

#### **From reader reviews:**

#### **Mellisa White:**

Book is to be different for each and every grade. Book for children until eventually adult are different content. As it is known to us that book is very important for us. The book Sprouts: The Miracle Food: The Complete Guide to Sprouting ended up being making you to know about other knowledge and of course you can take more information. It is rather advantages for you. The e-book Sprouts: The Miracle Food: The Complete Guide to Sprouting is not only giving you considerably more new information but also to be your

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### **Larry Hudgens:**

As people who live in the modest era should be revise about what going on or facts even knowledge to make these people keep up with the era which is always change and make progress. Some of you maybe may update themselves by reading through books. It is a good choice to suit your needs but the problems coming to an individual is you don't know what kind you should start with. This Sprouts: The Miracle Food: The Complete Guide to Sprouting is our recommendation so you keep up with the world. Why, because this book serves what you want and need in this era.

### **Richard Shumate:**

Playing with family in a park, coming to see the coastal world or hanging out with buddies is thing that usually you might have done when you have spare time, then why you don't try thing that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Sprouts: The Miracle Food: The Complete Guide to Sprouting, you can enjoy both. It is great combination right, you still would like to miss it? What kind of hang type is it? Oh occur its mind hangout people. What? Still don't get it, oh come on its named reading friends.

### **Carlos Mendoza:**

Are you kind of stressful person, only have 10 or perhaps 15 minute in your day to upgrading your mind proficiency or thinking skill actually analytical thinking? Then you have problem with the book as compared to can satisfy your short period of time to read it because all of this time you only find reserve that need more time to be study. Sprouts: The Miracle Food: The Complete Guide to Sprouting can be your answer given it can be read by a person who have those short free time problems.

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