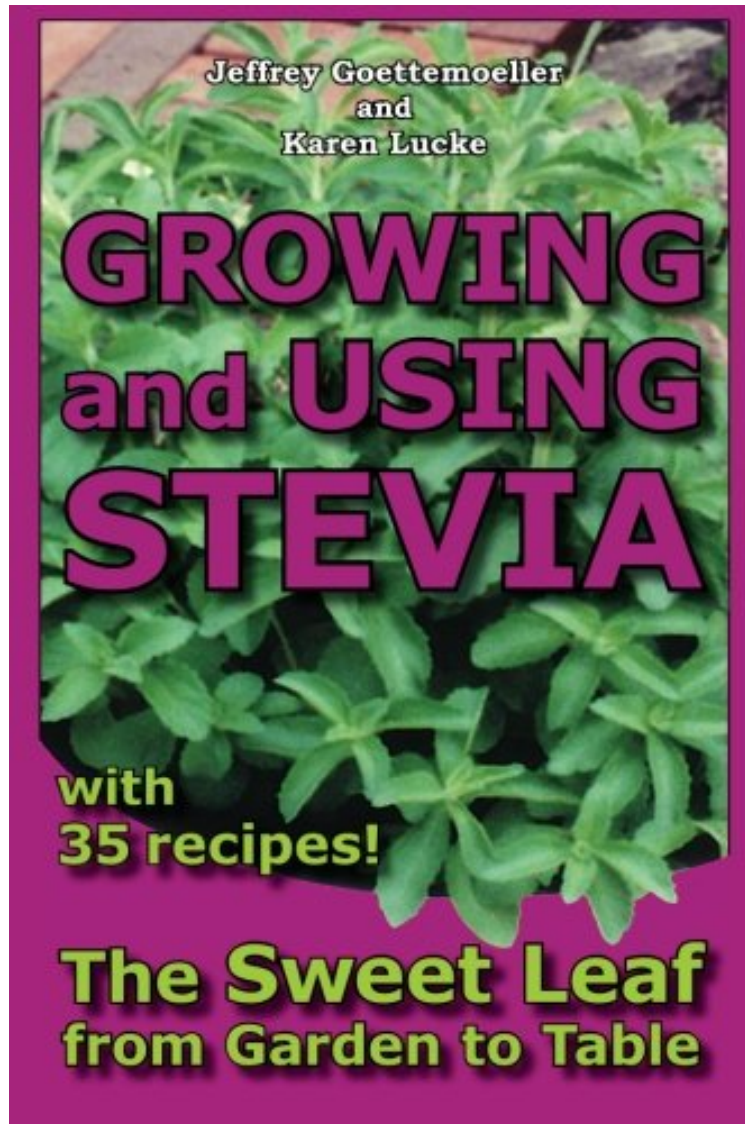


Growing and Using Stevia: The Sweet Leaf from Garden to Table with 35 Recipes

Jeffrey Goettemoeller, Karen Lucke

**Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#583229 in Books Goettemoeller Jeffrey Lucke Karen 2008-05-30 Original language: English PDF # 1 9.00 x .21 x 6.00l, .30 #File Name: 097862933790 pages Growing and Using Stevia The Sweet Leaf from Garden to Table with 35 Recipes | File size: 27.Mb

Jeffrey Goettemoeller, Karen Lucke : **Growing and Using Stevia: The Sweet Leaf from Garden to Table with 35 Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Growing and Using Stevia: The Sweet Leaf from Garden to Table with 35 Recipes:

0 of 0 people found the following review helpful. Essential reading By Elizabeth Alleyne Very informative. It was

helpful because i learned what mistakes I had made in the past when trying to grow my own stevia plant.0 of 0 people found the following review helpful. Great bookBy ToddHelped me understand how to grow and harvest, as well as use a plant that I knew little about.1 of 1 people found the following review helpful. This is a great book, a real source of everything SteviaBy Pearl BatesSo much information...I love Stevia, but from the plant, not the processed stuff at the supermarket.This book explains what it is and how to enjoy using it.Have some hanging to dry- soon will use my dryer, have to find the instructions.Pluck a leaf or two for a sweet treat- yes it does satisfy as much as a candy bar, my former go too.I have been dropping sprigs into soups, all kinds of foods, like any other seasoning.So great!

Grow Your Own Sweet Herb! Stevia rebaudiana is a natural, low-glycemic, low-calorie alternative to sugar and artificial sweeteners. "Growing and Using Stevia" is your complete stevia guide from garden to table, with chapters about propagating, growing, and harvesting stevia, indoors and out. Enjoy your harvest with 35 delicious recipes developed in the Lucke and Goettemoeller kitchens. Learn how to: Start stevia from seeds, cuttings, or transplants. Grow stevia in your garden or in containers. Harvest leaves and make your own green powder or liquid stevia extract. Use homegrown stevia in pies, frozen desserts, herb tea, smoothies, more!

About the Author" Jeffrey Goettemoeller, "a lifelong gardener, has been featured in "Back in Thyme "magazine, quoted in "Organic Gardening", and a guest on more than twenty-five television and radio shows. He is an enthusiastic participant in a Stevia cultivation research project.