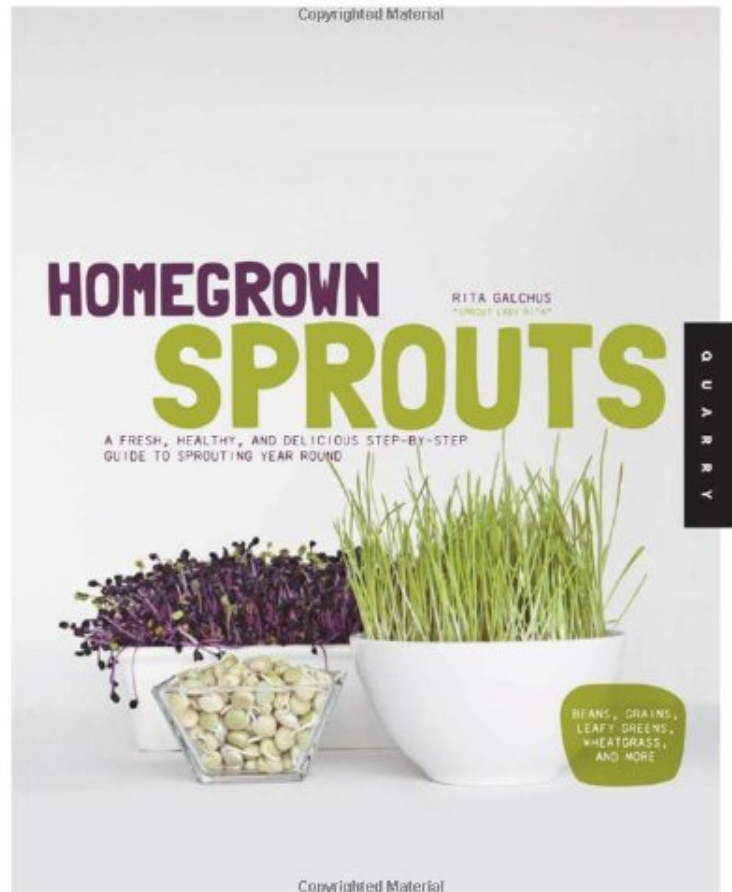


(Download pdf) Homegrown Sprouts: A Fresh, Healthy, and Delicious Step-by-Step Guide to Sprouting Year Round

# Homegrown Sprouts: A Fresh, Healthy, and Delicious Step-by-Step Guide to Sprouting Year Round

Rita Galchus

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**Rita Galchus : Homegrown Sprouts: A Fresh, Healthy, and Delicious Step-by-Step Guide to Sprouting Year Round** before purchasing it in order to gage whether or not it would be worth my time, and all praised Homegrown Sprouts: A Fresh, Healthy, and Delicious Step-by-Step Guide to Sprouting Year Round:

2 of 2 people found the following review helpful. Got this yesterday, I have sprouts processing right now~By aprilrrainTHE best book on sprouts I have read (and thats probably all of them), no doubt. Prior to this book, I was fairly unclear on the process: there are so many seeds with varying degrees of needs for rinsing/attention/length of germination-- then there is the dizzying number of sprouting vessels..OY! Wish I had this years ago, I am sure I would be healthier now!5 of 5 people found the following review helpful. Highly Recommended!By DCollinsI highly recommend this book. It is well written and easy to follow. Perfect for the novice sprouter. Extra bonus: The

photography is beautiful. Thank you, Sprout Lady Rita! I look forward to the encore!6 of 6 people found the following review helpful. Sprout Bible!By CustomerI have been buying sprout books for 30 years. Rita is the sprout queen and has put together a beautiful book!

Sprouts are the ultimate in local food--harvested no further away than your kitchen counter, they are fresh, delicious, and versatile. Homegrown Sprouts is the complete guide to growing your own sprouts. Choose the right sprouter for you, be it a jar, a bag, or a tray, and learn the techniques to use it. Grow a wide variety of sprouts, including wheatgrass, leafy greens, mung beans, and alfalfa. Enjoy them on their own, or discover a variety of serving suggestions from salads to soups to juices. There's even a chapter on sprouting for your pets. Whatever the season, Homegrown Sprouts will take you on a germinating journey that you won't soon forget. When you learn how easy it is to grow nutrition-packed sprouts in your own home, you'll want to use them in every dish you make!

About the AuthorRita Galchus, owner of the Sprout House and popularly known as "Sprout Lady Rita", lives with her husband and their son. In addition to her love of sprouting, she is an avid reader and also enjoys walking, beach vacations, and spending time with her family and friends.