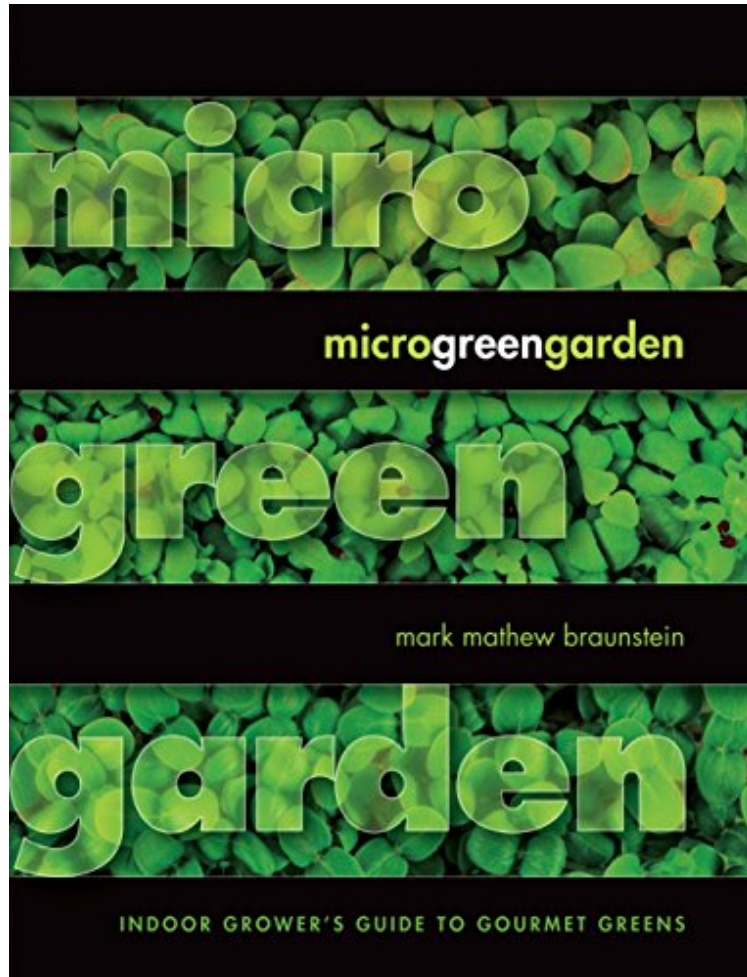


# Microgreen Garden: Indoor Grower's Guide to Gourmet Greens

Mark Mathew Braunstein

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#26942 in Books 2013-07-05 2013-07-05Original language:EnglishPDF # 1 8.40 x .30 x 6.40l, .60 #File Name: 157067294696 pages | File size: 17.Mb

**Mark Mathew Braunstein : Microgreen Garden: Indoor Grower's Guide to Gourmet Greens** before purchasing it in order to gage whether or not it would be worth my time, and all praised Microgreen Garden: Indoor Grower's Guide to Gourmet Greens:

5 of 5 people found the following review helpful. The book covers everything needed to start and maintain you own microgreen garden with easy to follow instructions and picturesBy mh76After losing a couple of microgreen crops I decided to buy this book to get more insight. The book covers everything needed to start and maintain you own microgreen garden with easy to follow instructions and pictures. The author explains how to grow using various methods which is very helpful when your trying different things.0 of 0 people found the following review helpful. I feel like there were some editing errorsBy CustomerLacking organization in my opinion. I feel like there were some editing errors. Information was accidentally omitted in places, like the section on growing wheatgrass says refer to chapter 8 for more detailed growing instructions. You go to that chapter and there is absolutely no mention of

wheatgrass. That being said there is definitely still good information in here. A good place to start for sure. I like the growing techniques mentioned in this book. 4 of 5 people found the following review helpful. The only book you will need. By Happy Elizabeth I really love this book. I wish I had purchased this years ago, I would have saved myself a lot of money. He gives very no-nonsense advice. I disagree with some of his "difficulty" ratings - certain seeds I have had no difficulty with, but I might have been scared to try if I listened to him. But, maybe I'm just lucky. The pictures and step-by-step advice really helps. Particularly useful is the section on sunflower and pea shoot growing. Seriously, this is life-changing, as I have found his methods very simple, and I am never without these 2 greens now. There are many books that are not worth buying, because you could get the info off of the internet, but this one is worth the money because it's all in one place, and it's a nice size to keep handy.

Microgreens, the young seedlings of herbs, vegetables, beans, seeds, and grains, contain four to six times the vitamins and phyto-nutrients found in mature leaves of the same plants. This comprehensive resource explains how to grow microgreens at home, both inexpensively and easily. It provides detailed instructions for selecting seeds and soil, along with guidance on proper temperature, light, and ventilation. Also covered are methods for both small- and large-scale growing of microgreens, how to extend harvests, and techniques for preventing contamination by bacteria and mold. Filled with how-to information and vibrant full-color photos by the author, the book explores every aspect of this unique form of gardening. Included is a helpful guide to 55 species of microgreens, which profiles each green according to its flavor, preferred cultivar, special handling needs, and more.

Microgreen growing expert Mark Braunstein comes to the rescue of all want-to-be indoor year-round homegrowers of young vegetable seedlings, herbs, beans and grains with *Microgreen Garden*, an amazingly photographed step-by-step definitive guide that will have you munching on self sown and grown microgreens in no time. A long time microgreen-eating vegan, Braunstein knows the tricks and pitfalls for the best harvest, and covers everything from seed sources to planting containers and mixes, and suggests the ten easiest microgreens for beginners. --*Spirit of Change Magazine*

About the Author Mark Mathew Braunstein has thrived on a vegan diet enriched with homegrown microgreens and sprouts since 1977. He is one of the leading authorities on microgreens and has been a featured speaker at whole life expos, vegetarian festivals, and college campuses. He is the author of *Sprout Garden: Indoor Grower's Guide to Gourmet Sprouts*, which has sold over 33,000 copies. He is also the author of *Radical Vegetarianism*. His articles about growing microgreens and sprouts have appeared in *Natural Health*, *Vegetarian Times*, *Healing Our World*, and elsewhere. You can read many of his sprouts and microgreens articles at [MarkBraunstein.Org](http://MarkBraunstein.Org) Download his microgreens resources from [MicrogreenGarden.com](http://MicrogreenGarden.com)