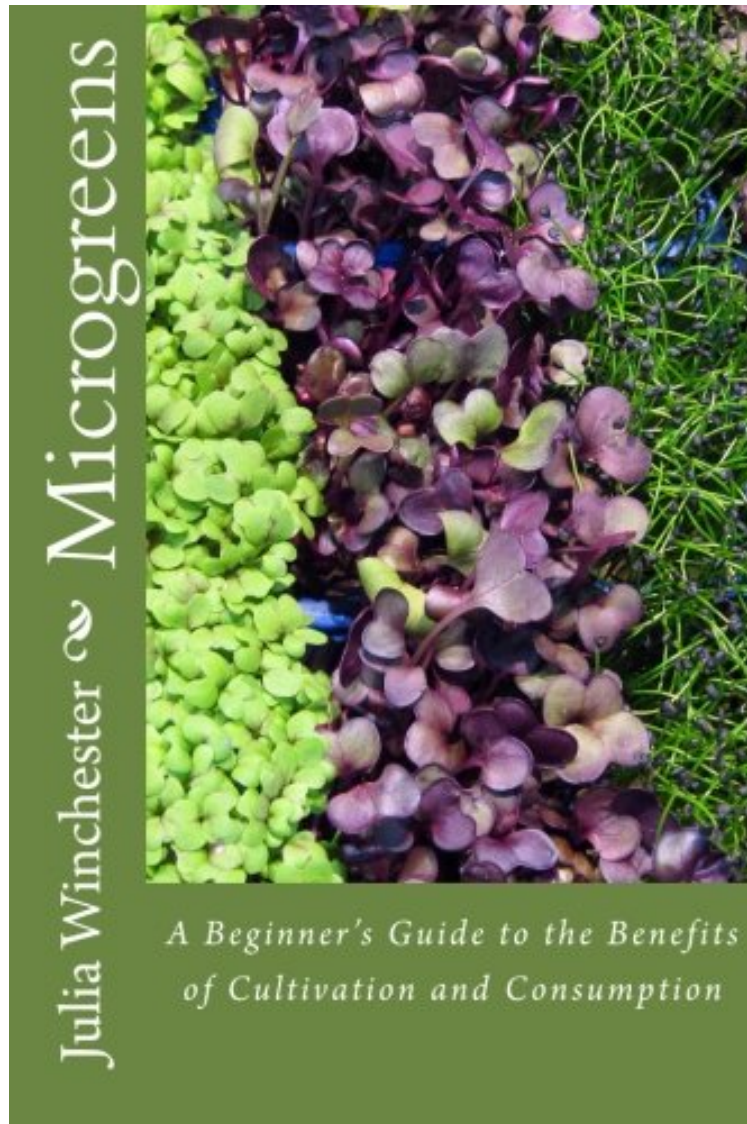


[Library ebook] Microgreens: : A Beginner's Guide to the Benefits of Cultivation and Consumption

Microgreens: : A Beginner's Guide to the Benefits of Cultivation and Consumption

Julia Winchester

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Julia Winchester : Microgreens: : A Beginner's Guide to the Benefits of Cultivation and Consumption before purchasing it in order to gage whether or not it would be worth my time, and all praised Microgreens: : A Beginner's Guide to the Benefits of Cultivation and Consumption:

1 of 1 people found the following review helpful. My family is new to growing anything and this book made it very

easy for us to get started!By Miami teacherMy family has been interested in growing our own food (at least starting to!) for years now, but work and school get in the way and we just keep going back to the grocery store for our produce. I was looking for a way to get into growing something at home that would be easy to grow, not too much work and tasty. Since we all love microgreens in restaurants, I thought they might be a good place to start. I am very glad that I bought this book because it truly is an excellent beginner's guide to choosing which microgreens to grow, growing them and harvesting them. Microgreens are a great entry point into growing food for my family because we can grow them semi-indoors and semi-outdoors. The author does a great job explaining how to use trays that you can start inside but also take outside during the day for sun. This works perfectly for us - especially because the kids are more into things they can see grow which they get to do when we bring the trays in at night! We have just started with red kale and chia but so far so good! I really like that the author promotes using organic materials and seeds since you are going to be eating what you grow. This is a great book to learn how to grow food - even if, like us, you have never done it before.0 of 0 people found the following review helpful. Five StarsBy Donny BExcellent product, great value for the item. I would recommend this to anyone.0 of 0 people found the following review helpful. An Introduction For Those Not Familiar With MicrogreensBy CustomerWhile the content was definitely useful for someone with no prior knowledge, I didn't find the styleof writing to be too terribly engaging. There was one point where she said something interesting and clever, butfor the most part it was repetitive, almost generic and boring.Definitely an anti-sprouts perspective. I almost started to feel sorry for the poor little sprouts being bashed so shamelessly in support of the microgreens. "Don't eat sprouts. Eat microgreens." That seemed to be the gist of the book.Good general info, and I definitely learned something, but could have used more pictures to illustrate the points, and more supporting material to justify her statements and flesh out her ideas.

Microgreens may be exactly what your diet needs. Fresh, organic greens like this are packed with nutrients difficult to find in such concentrations anywhere else. What are they? Why are so many people talking about them? If you haven't heard of them before, you soon will. In *Microgreens: The Beginners Guide to the Benefits of Cultivation and Consumption*, Julia Winchester walks the reader through the history of microgreens and the basics of choosing and cultivating your own crop to use in recipes or as a topping or garnish to current dishes. Even if you've never grown anything before, microgreens require minimal effort to generate the reward of better nutrition. The initial reason for creating these greens was to provide a garnish for restaurant dishes. Even today, it is very common to find them adorning your dinner plate at a higher-priced establishment. Though this is one of the most common uses for them, many everyday people enjoy both the flavor and the nutritional value of these greens. As a result, the popularity of the greens has skyrocketed. Today, people want them sent directly to their homes. They crave the flavor and, more importantly, want the access to nutrition.