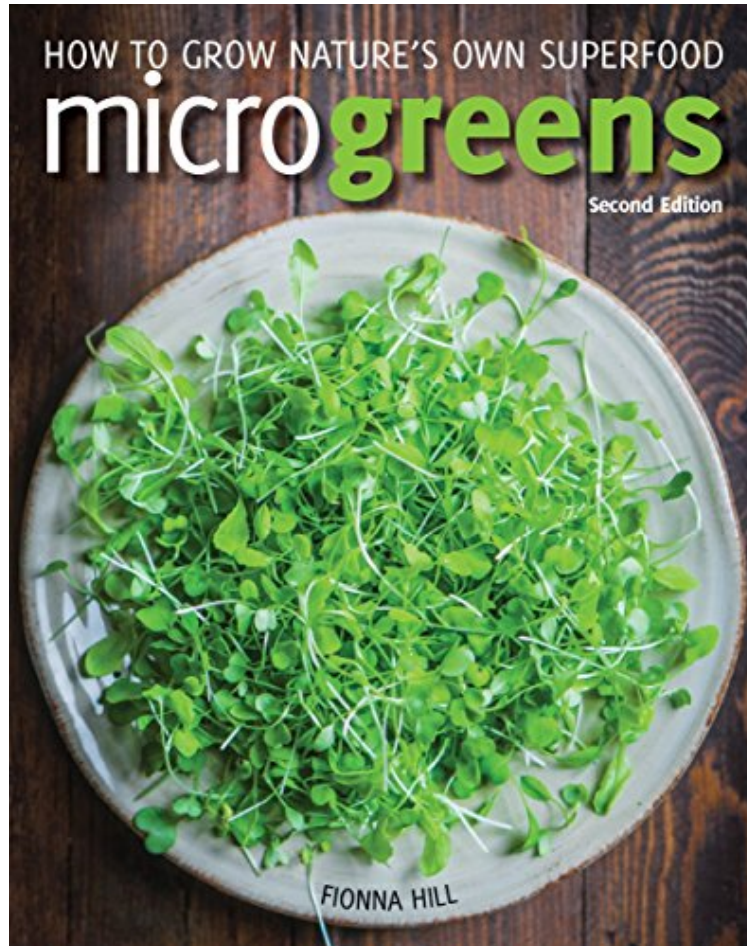


[Pdf free] Microgreens: How to Grow Nature's Own Superfood

Microgreens: How to Grow Nature's Own Superfood

Fionna Hill

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Fionna Hill : Microgreens: How to Grow Nature's Own Superfood before purchasing it in order to gage whether or not it would be worth my time, and all praised Microgreens: How to Grow Nature's Own Superfood:

2 of 2 people found the following review helpful. Microgreens: How to Grow Nature's Own SuperfoodBy Catherine L.Very interesting and informative. Would like to have seen more information about growing microgreens indoors. Great photos. The resources for purchasing supplies was helpful.0 of 0 people found the following review helpful. straight forward growing instructions and very good photo shotsBy H HigginsSimple, straight forward growing instructions and very good photo shots.0 of 0 people found the following review helpful. Great picturesBy Karen RadfordSomewhat out of date but lots of good info- great pictures

"The book is informative and accessible, delivering in a buoyant voice all you need to know about the ultimate in local eating -- making a meal of houseplants. It is nicely illustrated as well, with tantalizing photographs of microgreens at every stage, from seed to planting to plate. And there are more than a dozen recipes included... Highly recommended

for gardeners, foodies, and health enthusiasts." -- Library Journal (starred review) The first edition of *Microgreens* sold 17,000 copies. This new edition is expanded with 30 new photographs and ten additional crops for a total of 30 microgreens. There are also four new recipes using microgreens. *Microgreens* provides practical guidance on growing arugula and other popular mini-greens unique for their powerful nutritional punch, tasty variety of colors, textures and flavors, and high levels of concentrated active compounds. The author provides guidance for growing, harvesting and preparing the most popular microgreens plus newer microgreens like kale, daikon radish, bok choy, shungiku, and mizuna. The comprehensive instructions explain which containers to use, how to sow the seeds, when to harvest, how to store the bounty, and much more. A special chapter has tips on helping children to grow microgreens. *Microgreens* shows how easy it is to bring fresh, nutritional and economical gourmet produce to the dinner table any time of year. This how-to book is ideal for health-conscious home cooks, especially those who believe in the importance of home-grown foods.

From Booklist *Microgreens* are superfoods you can grow at home. Hill explains all in this beautifully illustrated how-to. *Microgreens* resemble sprouts (germinated seeds) at a glance, but they are actually seedlings. Unlike sprouts, they are grown in soil and clipped at the stem once they produce two true leaves. They have stronger, more savory flavors and come in a great array of leaf shapes and textures. *Microgreens* are also remarkably nutritious. Hill, a lively advocate for these pretty little superfoods, covers every aspect of microgreen cultivation, preparation, and consumption, offering thorough instructions, helpful tips, and precise trouble-shooting. Planted in pots, herb and vegetable seedlings make very pretty houseplants. Hill identifies the many health properties of a variety of microgreens, including broccoli, flax, red radish, kale, beet, basil, parsley, and mustard and provides alluring recipes. This comprehensive microgreen handbook will be a revelation for everyone who enjoys cooking with fresh ingredients; indoor gardening; and eating locally, sustainably, and healthily. --Donna Seaman [of previous edition:] *Microgreens* are superfoods you can grow at home. Hill explains all in this beautifully illustrated how-to... Hill, a lively advocate for these pretty little superfoods, covers every aspect of microgreen cultivation, preparation, and consumption, offering thorough instructions, helpful tips, and precise trouble-shooting... This comprehensive microgreen handbook will be a revelation for everyone who enjoys cooking with fresh ingredients, indoor gardening, and eating locally, sustainably, and healthily. (Donna Seaman Booklist 2010-11-01)[of previous edition:] *Microgreens*, a highly delicious gourmet treat, are the tiny seedlings of herbs and vegetables that pack a wallop of nutrition in a tiny, tasty form. Larger in size than sprouts, microgreens are the next stage of plant growth with at least two "true" leaves. Grown at home, microgreens are superbly fresh when harvested. New Zealand floral designer Fiona Hill speaks enthusiastically about the potential of raising these in a limited garden space, such as in a container on a windowsill. Saying that microgreens offer the opportunity for a variety of colors, flavors, and textures in table food, she points out that these are fun activities for teaching children how to garden. Along with instructions on how to grow microgreens in the garden or containers, she provides a list of seed resources, including those in the U.S., and offers a variety of recipes for these tiny seedlings. (Marilyn K. Alaimo Chicago Botanic Garden 2011-01-13)[of previous edition:] It's a wonder that this is one of the first books about microgreens, the tiny seedlings of herbs and veggies, since they have been on cooks' radar for over five years. (Dean Tudor Food and Drink Books in , Gothic Epicures)[of previous edition:] *Microgreens* just might be the ticket for garden fans longing for spring. (Grand Magazine 2010-12-31)[of previous edition:] (starred review) The book is informative and accessible, delivering in a buoyant voice all you need to know about the ultimate in local eating -- making a meal of houseplants. It is nicely illustrated as well, with tantalizing photographs of microgreens at every stage, from seed to planting to plate. And there are more than a dozen recipes included... Resources, a glossary, and an index round out the volume. Highly recommended for gardeners, foodies, and health enthusiasts. (Donna L. Davey Library Journal 2010-12-10)[of previous edition:] This is the best idea for apartment dwellers, renters and urbanites since the invention of the alfalfa sprout. (Maureen Gilmer Lompoc Record 2011-04-05)[of previous edition:] A highly delicious gourmet treat, microgreens are the tiny seedlings of herbs and vegetables that pack a wallop of nutrition in a tiny, tasty form... Fiona Hill speaks enthusiastically about the potential of growing these in a limited garden space, such as in a container on a windowsill. Saying that microgreens offer the opportunity for a variety of colors, flavors, and textures in table food, she points out that these are fun activities for teaching children how to garden. Along with instructions on how to grow microgreens in the garden or containers, she provides a list of seed resources, including those in the U.S., and offers a variety of recipes for these tiny seedlings. (National Garden Clubs 2010-11-01)[of previous edition:] It's rare that such a great food-gardening idea comes along for urbanites. (Maureen Gilmer Scripps Howard News Service)[of previous edition:] Fresh food fanatics will delight in this easy-to-use guide to growing micro greens -- the first leaves of herbs and veggies. These superfoods full of vitamins and nutrients add color, texture and a range of flavors to any meal. Ready to eat within a week, microgreens will give new meaning to your home garden when you learn how to plant, harvest and store 20 varieties -- everything from arugula and kale to broccoli and basil. (Lisa Fabian and Emily Bragoner Taste for Life 2011-04-01)[of previous edition:] Well-produced, richly illustrated. (William Scheick, University of Texas at Austin Texas Gardener's Seeds 2010-10-06)[of previous edition:] Offers instructions for

beginners who want to go "micro" in the comfort of their own homes. (Nara Schoenberg Villages Daily Sun (Orlando) 2011-01-22)[of previous edition:] The ease and speed of gardening and the superior nutrition of the crops will persuade you to give microgardening a try, and the gorgeous photographs will make the learning process a pleasure. (Edna Troiano Washington Gardener)This revised and updated second edition of Microgreens reflects the increasing interest in this grow-anywhere, inexpensive, easy way of having fresh green vegetables on hand year round... Microgreens are grown in a planting mix or substrate and harvested at around five cm, once the true leaves (characteristic of the plant) appear. They are removed by cutting just above the soil line. The book gives step by step directions on growing microgreens, plus a detailed directory to 28 individual plants, from Amaranth to Wheatgrass, suitable for producing nutritious leafy greens. Producing microgreens is easy, fun and an ideal child's project because results come speedily and assembling odd, at-hand containers can turn into an arts and crafts project as well. The book ends up in the kitchen, with a series of beautifully photographed recipes that include rice-paper rolls with microgreens, ginger, assorted vegetables in strips, and edible flower petals, and a creamed salmon dish with spinach, microgreens and pasta. (Helen Chesnut Times Colonist 2016-04-23)About the Author Fionna Hill is a journalist specializing in lifestyle and garden topics, floral design, crafts, and travel. Her website is www.fionnahill.com.