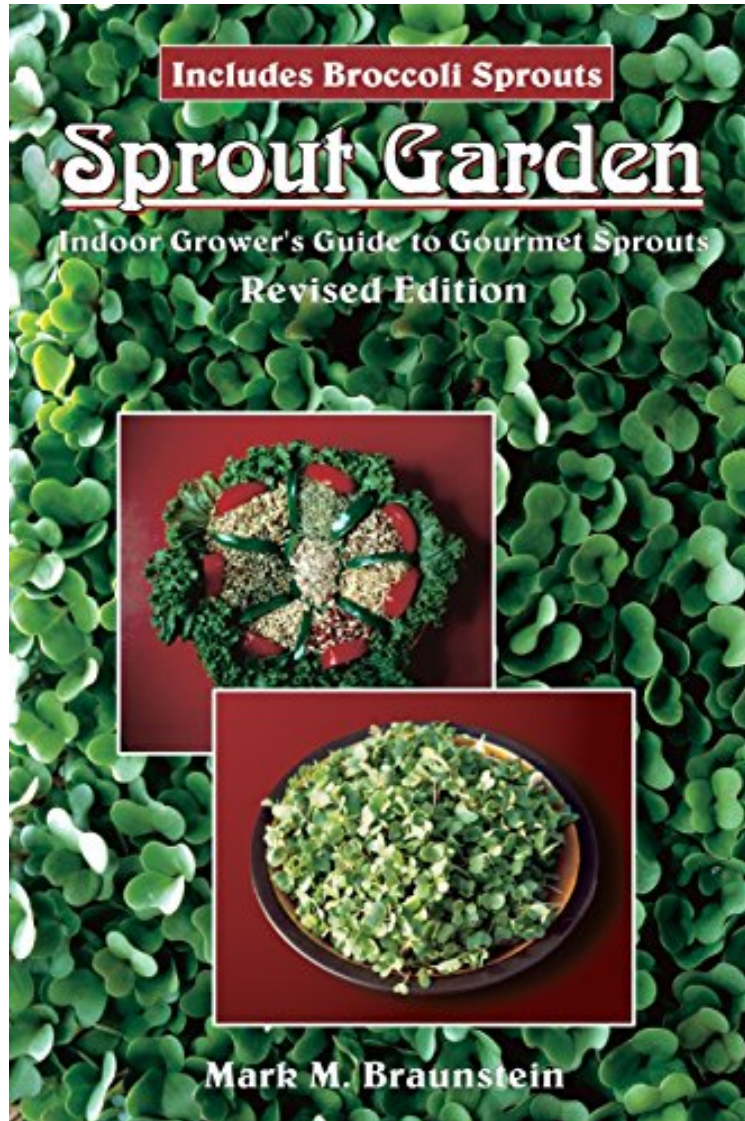


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Mark Mathew Braunstein : Sprout Garden - Revised Edition before purchasing it in order to gauge whether or not it would be worth my time, and all praised Sprout Garden - Revised Edition:

2 of 2 people found the following review helpful. Good Information Suffocated by Tedious Writing Style By DDeigan This book does have the information I was looking for to begin sprouting at home, but digging through the writing style of this author is far too tedious for me to offer more than three stars. I'm pretty patient, but this was over-the-top cumbersome. The scope of the content is complete to my inexperienced eye if you can plow through the acres

of unnecessary prose. This book could have been at least 60% shorter/thinner without losing people who may not as patient as I've been. I would hesitate to recommend this book to a friend. That said, I haven't thrown it away or donated. I guess I'm too frugal for that. 14 of 15 people found the following review helpful. Great book for beginners! By kaukaty Long ago in the 60's I grew sprouts. Then all the info on people getting sick from alfalfa sprouts came out and I shied away from sprouting. Lately I have realized that veggis from the supermarket are often if not unsafe, are nutritionally challenged. I have turned back to sprouts. This book has been so helpful in figuring out how to safely produce so many nice additions to salads and soups. I love the new Easy Sprout and help from The Sprout People from the internet. So, with all this information I feel that I can safely add to my garden produce. 0 of 0 people found the following review helpful. I liked this book very much and got lots of great ... By PKRI liked this book very much and got lots of great ideas. I've been implementing pretty much daily since.

Sprout Garden, now in its 7th printing, presents a comprehensive guide to the art and science of home sprouting. From aduki beans to wheat kernels, it explains the best methods and optimal conditions for growing and preparing the many varieties of fresh sprouts, and offers essential advice so that even beginners can succeed. With a generous helping of puns and subtle humor, the book entertains as it explains how to cultivate wholesome fresh food at home, the latest health research about broccoli sprouts and alfalfa, and mail order sources for sprouting equipment and seeds. Also included is a collection of radicle vegetarian recipes intended to tantalize the gourmet's palate not just with salads but also with entire dinners and delicious desserts. Sprout Garden provides an indispensable resource for every whole foods vegetarian kitchen.

"The definitive book on sprouting Sprout Garden gives us an intimate and detailed look into all aspects of sprouting." --Vegetarian Voice "This lighthearted yet thorough handbook ... provides all you need for a lively new way to sprout." --Vegetarian Gourmet This easy-to-use guide provides information on how to grow sprouts at home, the best growing technique for each type of seed, health information on alfalfa sprouts and broccoli sprouts, sources for sprouting equipment and seeds, and lots of delicious recipes. About the Author Mark M. Braunstein is one of the leading authorities on sprouting. He has been a featured speaker at whole life expos, vegetarian festivals, and college campuses. His articles about sprouts and sprouting have appeared in Vegetarian Times, Natural Health (East West), Vegetarian Voice, Vegetarian Gourmet, Health Science, Healing Our World, Spirit of Change, and elsewhere. He is the author of the books Radical Vegetarianism, Microgreen Garden, and is presently writing a book advocating drug law reform. You can read many of his sprouts and microgreens articles at MarkBraunstein.Org