

(Mobile ebook) Sprout It! One Week from Seed to Salad: Grow Organic Food Without Soil... or a Green Thumb!

# **Sprout It! One Week from Seed to Salad: Grow Organic Food Without Soil... or a Green Thumb!**

*Steve Meyerowitz*

*ebooks | Download PDF | \*ePub | DOC | audiobook*

DOWNLOAD



READ ONLINE

#4429140 in Books 1994-06Original language:EnglishPDF # 1 9.00 x 6.00 x .751, #File Name: 1878736027224 pages | File size: 60.Mb

**Steve Meyerowitz : Sprout It! One Week from Seed to Salad: Grow Organic Food Without Soil... or a Green Thumb!** before purchasing it in order to gage whether or not it would be worth my time, and all praised Sprout It! One Week from Seed to Salad: Grow Organic Food Without Soil... or a Green Thumb!:

9 of 9 people found the following review helpful. Maybe 5 Stars 30 years agoBy Konspicuous KonsumerI like the writing style, but the book kinda jumps around like it was taken from a box of notes. Lotsa good info, but much of it is for sprouting in baskets, which the author admits are not as readily available as when he first wrote the book. Great, then junk that basket stuff and talk about the Easy Sprouter, which does the alfalfa-type wonderfully. I like the bags for the beans and Meyerowitz's instructions for it are great and I like his bags.But I felt that the book needs some serious updating and if he has a newer one than this one needs to go the way of the dodo.3 of 3 people found the following review helpful. Commended to the hobby sprouter.By AnthropositorAs a person most interested in ideas and discovery, eureka ideas one might say, I didn't begin to read the instructions provided by others until after already developing successful methods empirically. I have been sprouting for a quarter of a century. It is natural that most of my methods have some contrast with those presented in this guide. This book is replete with good ideas and methods and useful even to an inventive, innovative person in the sprout field. I would particularly commend it for people who don't have the time or patience to learn things the hard way. I limit my production of various sprout products to 20

square feet per crop, because other projects command my attention. Frankly, many of my methods are proprietary (trade secrets). For those wishing to produce family quantities of sprouts who don't yet quite know what they are doing, this book is a fine resource, replete with an array of sound information. 3 of 3 people found the following review helpful. the spouts advice is good, but makes up only a small potion of ...By sarah ellisonthe spouts advice is good, but makes up only a small potion of the book. the rest is questionable health and nutrition advice that drives me and other health care workers up the wall.

The Sproutman's guide to indoor organic gardening shows you step by step, how to grow these delicious baby greens and mini-vegetables in just one week from seed to salad. This guide can make anyone a self sufficient gardener of sprouts that are bursting with concentrated nutrition. Includes comprehensive nutrition charts, Questions and Answers, seed resources, illustrations, photo's Charts.

"This is definitely the complete guide to the seeds and tools necessary to cultivate hundreds of pounds of food. ... A book overflowing with information. There is an integrity of good health here. And Meyerowitz writes with just the right pent-up passion to make converts of us all." -- Book Reader Magazine, July 1997Meyerowitz is definitely the Sproutman. We never knew there were so many sprouts --- so many flavors and textures. ... The medicinal properties of these little plants, not to mention their prodigious nutrition does indeed make them a miracle food. -- Healthy Times Magazine, March 1998This guide can make anyone a self-sufficient gardener of sprouts that are bursting with concentrated nutrition. And no one says it better than the man of greens himself--the Sproutman. --Natural Foods Merchandiser, January 1998From the Inside FlapThe Kitchen of tomorrow will grow food in addition to preparing it.From the Back CoverSprouts The Miracle Food. The Agriculture of Tomorrow is Here Today. Our grandparents bought their food from the local farm. Today, it flies in on airplanes after being sprayed with chemicals, irradiated and genetically altered. It's enough to topple the Jolly Green Giant....or give him cancer. Can we keep our food pure, fresh, local, and available year round? Yes! For the price of beans! As the world population multiplies, the kitchen of tomorrow will grow food in addition to preparing it. Why wait? The secrets to creating self-sufficient, organic meals are just pages away. One week from seed to salad Your friends family will delight in eating fresh, organic young vegetables in the middle of the Winter. Sprouts are baby plants at their most nutritious stage. They're bubbling with enzymes and phyto-chemicals. You can feel their vitamins! Twice the protein of Spinach! Four times the protein of lettuce. Flavors like succulent buckwheat lettuce, hearty baby sunflowers and spicy garlic chives. Introduce them into your kitchen and bring sunshine to your diet. No green thumb and no soil necessary. It's Easy. It's Fun. This book shows you how.