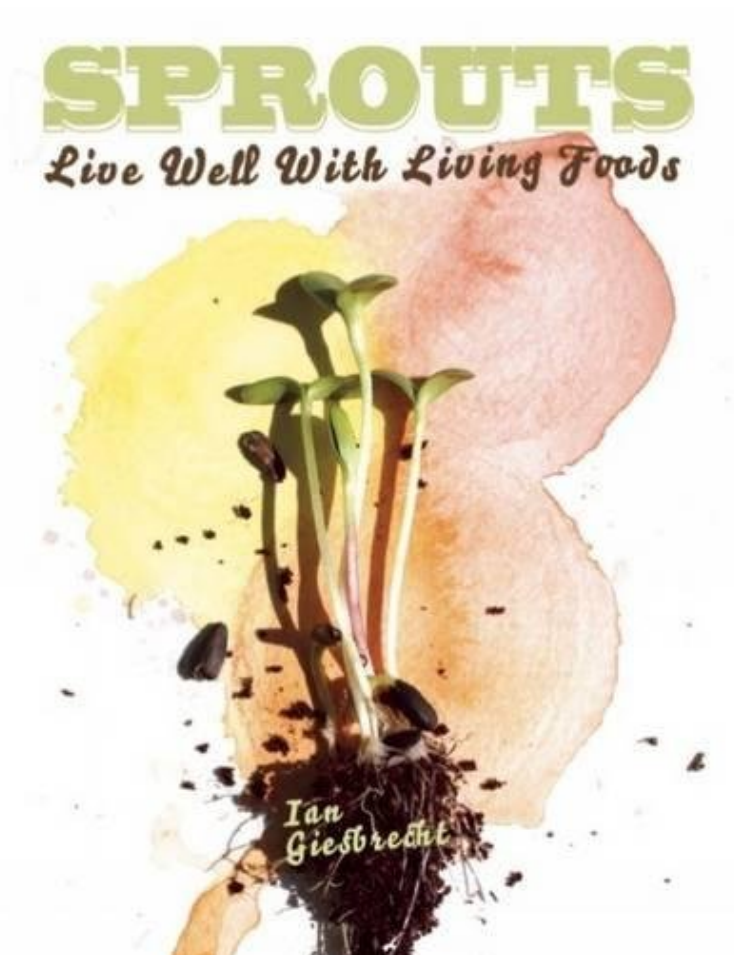


[PDF] Sprouts: Live Well with Living Foods (DIY)

Sprouts: Live Well with Living Foods (DIY)

Ian Giesbrecht

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



DOWNLOAD



+

READ ONLINE

#3793196 in Books 2016-09-13Original language:EnglishPDF # 1 6.70 x .50 x 5.20l, .22 #File Name: 1621064913128 pages | File size: 45.Mb

Ian Giesbrecht : Sprouts: Live Well with Living Foods (DIY) before purchasing it in order to gage whether or not it would be worth my time, and all praised Sprouts: Live Well with Living Foods (DIY):

Want to enjoy delicious, homegrown food year-round? Sprouts offers an accessible, holistic, and unique guide to incorporating microgreens and sprouted foods into any lifestyle. In the modern age, many of us crave a healthier, simpler diet and a closer connection to our food sources, and sprouting can help us to bridge those divides. Farmer and food activist Ian Giesbrecht's straightforward and easy-to-understand theory of sprouting is accompanied by practical instructions, illustrations, charts, and recipes, covering many types of seeds and styles of sprouting. Suitable for anyone with an interest in living and raw food diets, indoor gardening, or simply the joy of growing something, this book contains enough information and inspiration to get you sprouting for a healthier, happier life.

"Sprouts: Live Well with Living Foods is a helpful, well-researched, guidebook for those looking to not only dive into the world of sprouting and microgreens, but also have an understanding of the impact of their food. Giesbrecht reminds us that in order to eat well, both for ourselves and the world around us, we have to start thinking small. Because from the smallest seed, life can grow, and from the smallest change in our everyday actions, we can have a wider impact." Anna Brones, author of *The Culinary Cyclist* and *Fika: The Art of the Swedish Coffee Break*"Beware of reading this book: It may fundamentally change your diet as you know it! Through well presented nutritional facts, science, images and mouthwatering recipes you'll gain an understanding of the values of the simple things in life such as seeds...and how to eat them! Ian is a walking encyclopedia and an inspiring educator." Max Vittrup Jensen, PermaLot Center of Natural Building