



Microgreens: A Guide To Growing Nutrient-Packed Greens

Eric Franks, Jasmine Richardson

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MICROGREENS A Guide to Growing Nutrient-Packed Greens DUBBED A CULINARY BUZZWORD by National Public Radio, microgreens-vegetables harvested soon after sprouting-are expected to be one of 2009's hottest food trends. With simple instruction, Microgreens teaches how to plant, grow, and harvest microgreens from one's own garden. The small amount of space needed to grow microgreens-a porch, patio, deck, or balcony will do-allows anyone to easily incorporate them into their daily meals, and the greens' nutritional potency make them a must-eat in a healthy diet. INCLUDES THESE
MICROGREENS: Amaranth Arugula Basil Beet Broccoli Celery Chard Cilantro Cress Endive Mustard Pac Choi Pea Purple Cabbage Radish Tokyo Bekana



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