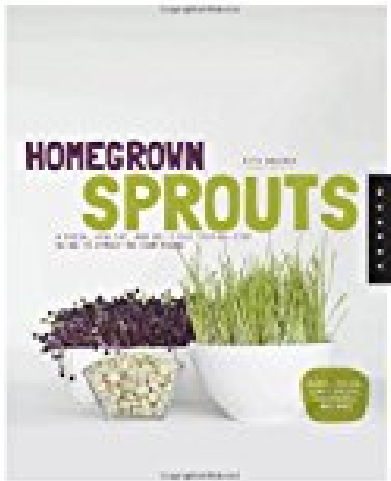


Homegrown Sprouts A Fresh Healthy and Delicious Step-by-Step Guide to Sprouting Year Round



BOOK DETAILS

- Author : Rita Galchus
- Pages : 160 Pages
- Publisher : Quarry Books
- Language : English
- ISBN : 1592538703

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BOOK SYNOPSIS

DIVSprouts are the ultimate in local food—harvested no further away than your kitchen counter, they are fresh, delicious, and versatile. Homegrown Sprouts is the complete guide to growing your own sprouts. Choose the right sprouter for you, be it a jar, a bag, or a tray, and learn the techniques to use it. Grow a wide variety of sprouts, including wheatgrass, leafy greens, mung beans, and alfalfa. Enjoy them on their own, or discover a variety of serving suggestions from salads to soups to juices. There's even a chapter on sprouting for your pets./divDIV /divDIVWhatever the season, Homegrown Sprouts will take you on a germinating journey that you won't soon forget. When you learn how easy it is to grow nutrition-packed sprouts in your own home, you'll want to use them in every dish you make!/div

HOMEGROWN SPROUTS A FRESH HEALTHY AND DELICIOUS STEP-B-STEP GUIDE TO SPROUTING YEAR ROUND

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