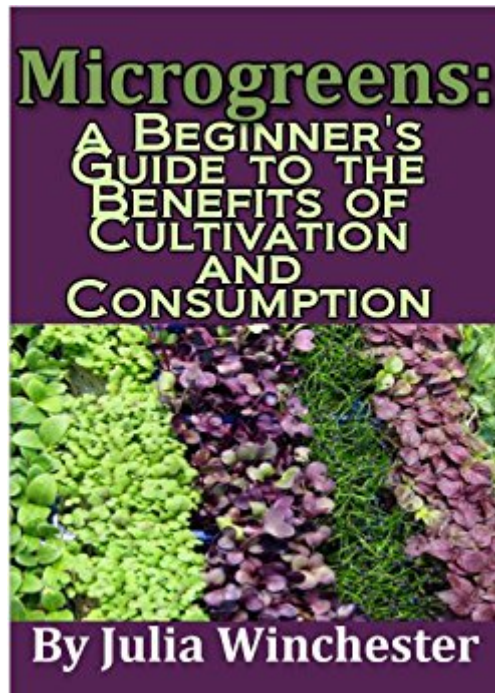


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# Microgreens: A Beginner's Guide To The Benefits Of Cultivation And Consumption



## Synopsis

From Julia Winchester, author of the bestselling book, *Patio and Kitchen Herb Gardens: A Beginner's Guide to 21 Herbs You Can Grow at Home*: Microgreens may be exactly what your diet needs. Fresh, organic greens like this are packed with nutrients difficult to find in such concentrations anywhere else. What are they? Why are so many people talking about them? If you haven't heard of them before, you soon will. In *Microgreens: The Beginner's Guide to the Benefits of Cultivation and Consumption*, Julia Winchester walks the reader through the history of microgreens and the basics of choosing and cultivating your own crop to use in recipes or as a topping or garnish to current dishes. Even if you've never grown anything before, microgreens require minimal effort to generate the reward of better nutrition. The initial reason for creating these greens was to provide a garnish for restaurant dishes. Even today, it is very common to find them adorning your dinner plate at a higher-priced establishment. Though this is one of the most common uses for them, many everyday people enjoy both the flavor and the nutritional value of these greens. As a result, the popularity of the greens has skyrocketed. Today, people want them sent directly to their homes. They crave the flavor and, more importantly, want the access to nutrition. Download *Microgreens: The Beginner's Guide to the Benefits of Cultivation and Consumption* today and start growing your own fresh, healthy, organic food today.

## Book Information

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## Customer Reviews

The information is very redundant, i.e., 3 different paragraphs repeating the same point buy organic. 3 different paragraphs on how microgreens are good, add to your salads. It is a draft with redundant thoughts, and only about 1 page that describes what you need to grow microgreens and that was vague. Really a waste of time and money. Did not learn anything new, but many doubts about how current the writer is on growing microgreens. Save your \$10.

Buying this guide is the perfect place to start for somebody who knows pretty much nothing about microgreens. It gives you a lot of information on the history of microgreens, as well as a lot of information on how to grow your own. The nice thing about the guide is that it breaks it all down in the simplest possible form so that anyone will be able to do it without too much trouble. Anyone interested in microgreens, but does not know where to start need look no further than this guide.

I've always loved growing microgreens and gardening in general. I've read countless books about anything to do with a green thumb, and this beginner's guide is one of the best I've come across. It literally had the best selection of information for any beginner 'microgreen grower'. It was easy to read, full of factual information, and had a lot of great tips for both growing and eating yummy greenery. This book is one that I highly recommend to any beginner grower, as it has an easy, simple, explanatory reading style that makes it perfect for people who are just getting started on their green thumb endeavors. Ease of reading: 5 of 5 stars Information: 5 of 5 stars (packed full of valuable beginner tips) All in all, amazing book. I highly suggest it to all beginner microgreen growers.

My family has been interested in growing our own food (at least starting to!) for years now, but work and school get in the way and we just keep going back to the grocery store for our produce. I was looking for a way to get into growing something at home that would be easy to grow, not too much work and tasty. Since we all love microgreens in restaurants, I thought they might be a good place to start. I am very glad that I bought this book because it truly is an excellent beginner's guide to choosing which microgreens to grow, growing them and harvesting them. Microgreens are a great

entry point into growing food for my family because we can grow them semi-indoors and semi-outdoors. The author does a great job explaining how to use trays that you can start inside but also take outside during the day for sun. This works perfectly for us - especially because the kids are more into things they can see grow which they get to do when we bring the trays in at night! We have just started with red kale and chia but so far so good! I really like that the author promotes using organic materials and seeds since you are going to be eating what you grow. This is a great book to learn how to grow food - even if, like us, you have never done it before.

Microgreens are a necessary part of a healthy lifestyle and if they are fresh picked and completely organic that is all the better. With this guide you will learn all you need to know about microgreens. It is loaded with helpful info on the health benefits of microgreens, the different types, what you need, and how to grow them. This guide is perfect for someone like me (who has never had a green thumb) because its instructions are both detailed and simple. Anybody looking to add a little more flavor and nutrients to their diet using microgreens has got to check out this book.

Helpful book on the variety of different types of microgreens available and how to identify them. I was most interested in learning how to grow microgreens on my own. The author gives a good deal of information on well-balanced soil, watering, and harvesting. Helpful guide in learning how to grow your own effectively as well as health benefits.

This book taught me about greens I had never heard of before such as peppercress and tatsoi. I wanted something I could grow in a mini greenhouse that would help my diet and I think I found great information here. I highly recommend the book for any gardener.

While the content was definitely useful for someone with no prior knowledge, I didn't find the style of writing to be too terribly engaging. There was one point where she said something interesting and clever, but for the most part it was repetitive, almost generic and boring. Definitely an anti-sprouts perspective. I almost started to feel sorry for the poor little sprouts being bashed so shamelessly in support of the microgreens. "Don't eat sprouts. Eat microgreens." That seemed to be the gist of the book. Good general info, and I definitely learned something, but could have used more pictures to illustrate the points, and more supporting material to justify her statements and flesh out her ideas.

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