



Sprouts: The Miracle Food: The Complete Guide to Sprouting

By Steve Meyerowitz, Michael Parman, Beth Robbins, Steve Meyerowitz

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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.

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Editorial Review

Review

"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 1997

Meyerowitz 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 1998

This 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 1998

From the Inside Flap

The Kitchen of tomorrow will grow food in addition to preparing it.

From the Back Cover

Sprouts 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.

Users Review

From reader reviews:

Mary Williams:

As people who live in the particular modest era should be update about what going on or facts even knowledge to make all of them keep up with the era which is always change and progress. Some of you maybe may update themselves by looking at books. It is a good choice for yourself but the problems coming to you is you don't know what one you should start with. This Sprouts: The Miracle Food: The Complete Guide to Sprouting is our recommendation so you keep up with the world. Why, because book serves what

you want and wish in this era.

Edna Spalding:

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David Scott:

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