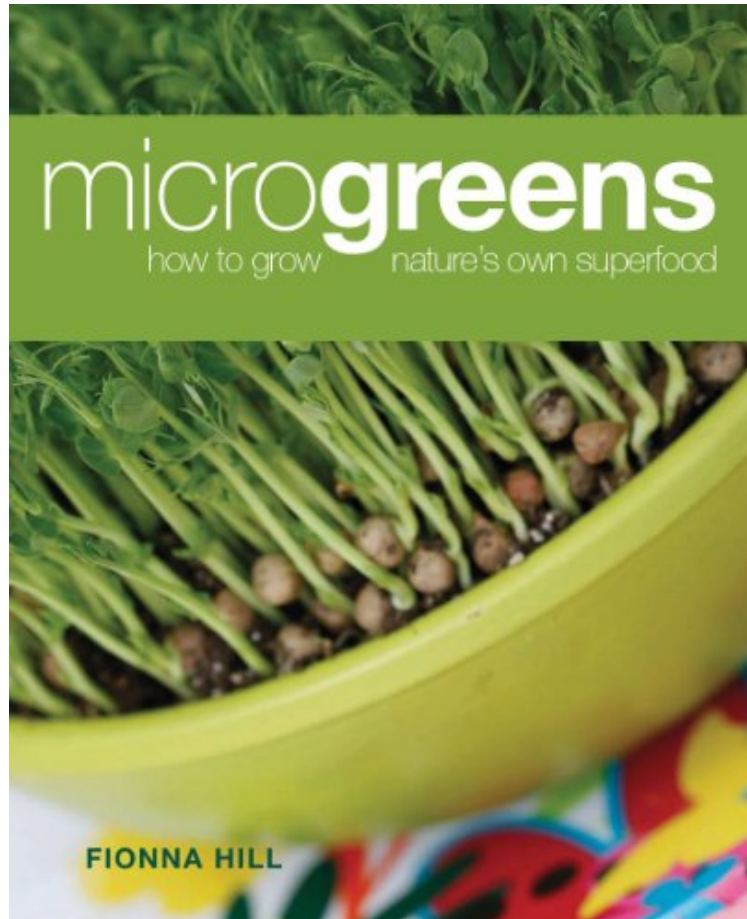


[DOWNLOAD] Microgreens: How to Grow Nature's Own Superfood

Microgreens: How to Grow Nature's Own Superfood

Fionna Hill

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Fionna Hill : Microgreens: How to Grow Nature's Own Superfood before purchasing it in order to gage whether or not it would be worth my time, and all praised Microgreens: How to Grow Nature's Own Superfood:

2 of 2 people found the following review helpful. Microgreens: How to Grow Nature's Own Superfood By Catherine L. Very interesting and informative. Would like to have seen more information about growing microgreens indoors. Great photos. The resources for purchasing supplies was helpful. 0 of 0 people found the following review helpful. straight forward growing instructions and very good photo shots By H Higgins Simple, straight forward growing instructions and very good photo shots. 0 of 0 people found the following review helpful. Great pictures By Karen Radford Somewhat out of date but lots of good info- great pictures

Microgreens are the first true leaves of herbs and vegetables -- and today's hottest gourmet garnish. Microgreens is a practical guide to growing arugula and other popular mini-greens that offer a multitude of colors, textures and distinct flavors, as well as high levels of concentrated active compounds. Microgreens pack a powerful nutritional punch, are easily grown in containers as small as a bowl and can be ready to harvest in a week, giving quick rewards for the

effort. Fiona Hill offers expert guidance on successfully growing, harvesting and preparing the 20 most popular microgreens, including arugula, beet, kale, radish, wheatgrass and basil. Her comprehensive instructions explain which containers and growing media to use, how to prepare and sow the seeds, when and how to harvest and how best to store the bounty. The book also includes 15 easy recipes that make the most of microgreens, including: Raw energy salad Spicy Asian salad Stuffed mushrooms Curry vinaigrette Frittata Microgreens brings fresh, nutritional gourmet produce to the dinner table and is as an ideal choice for health-conscious home cooks and those following a 50-mile diet.

From Booklist Microgreens are superfoods you can grow at home. Hill explains all in this beautifully illustrated how-to. Microgreens resemble sprouts (germinated seeds) at a glance, but they are actually seedlings. Unlike sprouts, they are grown in soil and clipped at the stem once they produce two true leaves. They have stronger, more savory flavors and come in a great array of leaf shapes and textures. Microgreens are also remarkably nutritious. Hill, a lively advocate for these pretty little superfoods, covers every aspect of microgreen cultivation, preparation, and consumption, offering thorough instructions, helpful tips, and precise trouble-shooting. Planted in pots, herb and vegetable seedlings make very pretty houseplants. Hill identifies the many health properties of a variety of microgreens, including broccoli, flax, red radish, kale, beet, basil, parsley, and mustard and provides alluring recipes. This comprehensive microgreen handbook will be a revelation for everyone who enjoys cooking with fresh ingredients; indoor gardening; and eating locally, sustainably, and healthily. --Donna Seaman The ease and speed of gardening and the superior nutrition of the crops will persuade you to give microgardening a try, and the gorgeous photographs will make the learning process a pleasure. (Edna Troiano Washington Gardener) Microgreens, a highly delicious gourmet treat, are the tiny seedlings of herbs and vegetables that pack a wallop of nutrition in a tiny, tasty form. Larger in size than sprouts, microgreens are the next stage of plant growth with at least two "true" leaves. Grown at home, microgreens are superbly fresh when harvested. New Zealand floral designer Fiona Hill speaks enthusiastically about the potential of raising these in a limited garden space, such as in a container on a windowsill. Saying that microgreens offer the opportunity for a variety of colors, flavors, and textures in table food, she points out that these are fun activities for teaching children how to garden. Along with instructions on how to grow microgreens in the garden or containers, she provides a list of seed resources, including those in the U.S., and offers a variety of recipes for these tiny seedlings. (Marilyn K. Alaimo Chicago Botanic Garden 2011-01-13) Microgreens are superfoods you can grow at home. Hill explains all in this beautifully illustrated how-to... Hill, a lively advocate for these pretty little superfoods, covers every aspect of microgreen cultivation, preparation, and consumption, offering thorough instructions, helpful tips, and precise trouble-shooting... This comprehensive microgreen handbook will be a revelation for everyone who enjoys cooking with fresh ingredients, indoor gardening, and eating locally, sustainably, and healthily. (Donna Seaman Booklist 2010-11-01) It's a wonder that this is one of the first books about microgreens, the tiny seedlings of herbs and veggies, since they have been on cooks' radar for over five years. (Dean Tudor Food and Drink Books in , Gothic Epicures) A highly delicious gourmet treat, microgreens are the tiny seedlings of herbs and vegetables that pack a wallop of nutrition in a tiny, tasty form... Fiona Hill speaks enthusiastically about the potential of growing these in a limited garden space, such as in a container on a windowsill. Saying that microgreens offer the opportunity for a variety of colors, flavors, and textures in table food, she points out that these are fun activities for teaching children how to garden. Along with instructions on how to grow microgreens in the garden or containers, she provides a list of seed resources, including those in the U.S., and offers a variety of recipes for these tiny seedlings. (National Garden Clubs 2010-11-01) Well-produced, richly illustrated. (William Scheick, University of Texas at Austin Texas Gardener's Seeds 2010-10-06) Microgreens just might be the ticket for garden fans longing for spring. (Grand Magazine 2010-12-31) It's rare that such a great food-gardening idea comes along for urbanites. (Maureen Gilmer Scripps Howard News Service) Fresh food fanatics will delight in this easy-to-use guide to growing microgreens -- the first leaves of herbs and veggies. These superfoods full of vitamins and nutrients add color, texture and a range of flavors to any meal. Ready to eat within a week, microgreens will give new meaning to your home garden when you learn how to plant, harvest and store 20 varieties -- everything from arugula and kale to broccoli and basil. (Lisa Fabian and Emily Bragoner Taste for Life 2011-04-01) Offers instructions for beginners who want to go "micro" in the comfort of their own homes. (Nara Schoenberg Villages Daily Sun (Orlando) 2011-01-22) (starred review) The book is informative and accessible, delivering in a buoyant voice all you need to know about the ultimate in local eating -- making a meal of houseplants. It is nicely illustrated as well, with tantalizing photographs of microgreens at every stage, from seed to planting to plate. And there are more than a dozen recipes included... Resources, a glossary, and an index round out the volume. Highly recommended for gardeners, foodies, and health enthusiasts. (Donna L. Davey Library Journal 2010-12-10) This is the best idea for apartment dwellers, renters and urbanites since the invention of the alfalfa sprout. (Maureen Gilmer Lompoc Record 2011-04-05) About the Author Fiona Hill is a floral designer and author who also contributes to lifestyle, garden and travel magazines.