



# Microgreens: How to Grow Nature's Own Superfood

*Fionna Hill*

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## Microgreens: How to Grow Nature's Own Superfood Fionna Hill

*"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... Highly recommended for gardeners, foodies, and health enthusiasts."*

-- Library Journal (starred review)

The first edition of *Microgreens* sold 17,000 copies. This new edition is expanded with 30 new photographs and ten additional crops for a total of 30 microgreens. There are also four new recipes using microgreens.

*Microgreens* provides practical guidance on growing arugula and other popular mini-greens unique for their powerful nutritional punch, tasty variety of colors, textures and flavors, and high levels of concentrated active compounds. The author provides guidance for growing, harvesting and preparing the most popular microgreens plus newer microgreens like kale, daikon radish, bok choy, shungiku, and mizuna. The comprehensive instructions explain which containers to use, how to sow the seeds, when to harvest, how to store the bounty, and much more. A special chapter has tips on helping children to grow microgreens.

*Microgreens* shows how easy it is to bring fresh, nutritional and economical gourmet produce to the dinner table any time of year. This how-to book is ideal for health-conscious home cooks, especially those who believe in the importance of home-grown foods.

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### **From reader reviews:**

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Book is to be different for every grade. Book for children right up until adult are different content. We all know that that book is very important usually. The book Microgreens: How to Grow Nature's Own Superfood ended up being making you to know about other knowledge and of course you can take more information. It doesn't matter what advantages for you. The book Microgreens: How to Grow Nature's Own Superfood is not only giving you a lot more new information but also to become your friend when you truly feel bored. You can spend your own spend time to read your book. Try to make relationship with the book Microgreens: How to Grow Nature's Own Superfood. You never really feel lose out for everything should you read some books.

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