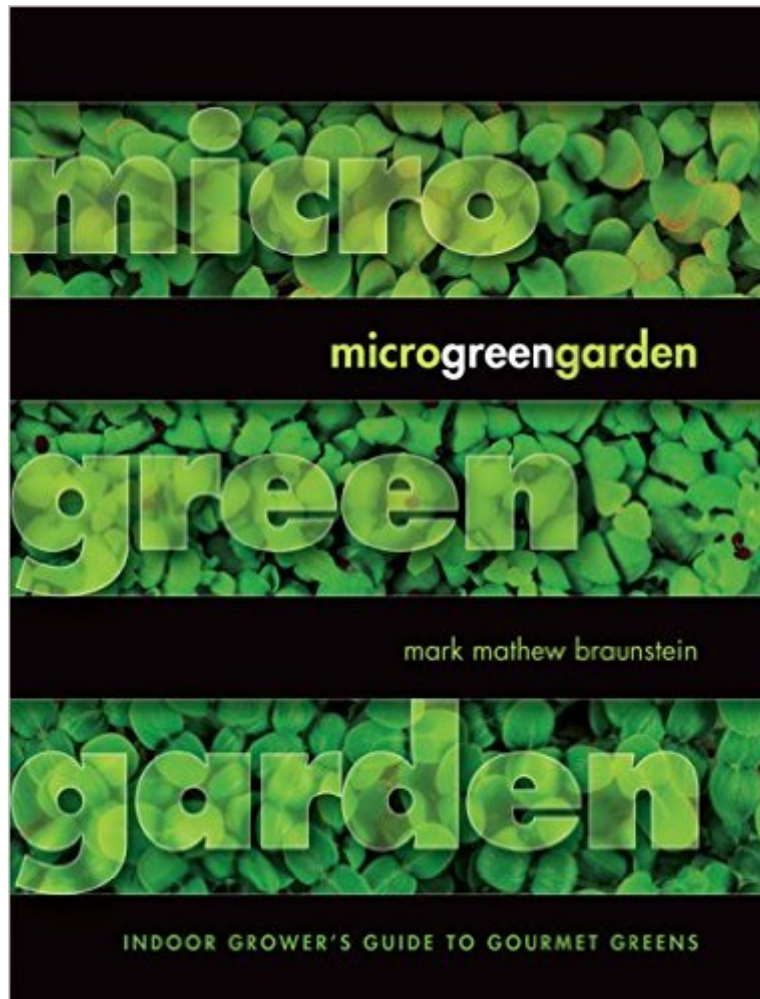


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# Microgreen Garden: Indoor Grower's Guide To Gourmet Greens



## Synopsis

Microgreens, the young seedlings of herbs, vegetables, beans, seeds, and grains, contain four to six times the vitamins and phyto-nutrients found in mature leaves of the same plants. This comprehensive resource explains how to grow microgreens at home, both inexpensively and easily. It provides detailed instructions for selecting seeds and soil, along with guidance on proper temperature, light, and ventilation. Also covered are methods for both small- and large-scale growing of microgreens, how to extend harvests, and techniques for preventing contamination by bacteria and mold. Filled with how-to information and vibrant full-color photos by the author, the book explores every aspect of this unique form of gardening. Included is a helpful guide to 55 species of microgreens, which profiles each green according to its flavor, preferred cultivar, special handling needs, and more.

## Book Information

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## Customer Reviews

This is another admirably complete and detailed "how-to" guide, from the author of *The Sprout Garden* and *Radical Vegetarianism*. Starting from scratch, I have successfully used Braunstein's previous book, *The Sprout Garden*, to grow healthy sunflower sprouts on soil indoors. This new book about microgreens is even better. It offers a simple, low-cost and ingenious way to grow really healthy food yourself--without an outdoors garden. The author gives expert, time-tested advice on selecting soil, seeds, growing conditions, and trusted resources for supplies. New indoor gardeners will especially appreciate features like the list of Ten Microgreens Easy for Beginners; good sources

for bulk healthy seeds that can save you money; and step-by-step instructions on how to preserve your bulk seeds. Plus there are detailed growing instructions for more than 60 different varieties of microgreens. The book is highly recommended.

To start off, I am the author of a book on sprouting, one that Mark Braunstein fact checked before the final printing. Some would think this makes my review skewed. *Microgreen Garden* will become the go to book on growing microgreens, just as his previous book, *The Sprout Garden* has been a favorite go to book on sprouting. Mr. Braunstein's style is straight forward and easy to understand. He does not suggest or force one to purchase expensive unnecessary equipment. Anyone can grow microgreens at home easily and economically. The photos taken by Braunstein are lush and green and full of vitality. They perfectly compliment his writing. This is professional level information so that you can grow microgreens yourself. Detailed instructions will guide you on your way to many successful microgreen harvests.

I am a prolific gardener, growing both organic food, perennials, fruit trees, berries and natural dyeplants for my CSA, all outdoors seasonally. However, I live in the Sierra Nevadas, where the winters are cold and snowy, so I don't produce much of my own winter greens. Therefore, I was very attracted to the photos of lush tubs of growing greens in Braunstein's book, though I haven't been a successful sprout-grower over the years. I had already read one book on growing microgreens, but this book provides far more extensive information about purchasing seed (organic and in bulk is best), sowing, watering, feeding and storing your greens. I was excited to immediately find answers that my first source didn't contain, as well as in-depth treatment of a few dozen different types of veggie greens. Mark's methods are easier than the ones I had first started, which means I am more likely to make this work for me. I particularly appreciate that the author took the time to rate easy to difficult, so that I can move into the harder ones once I have more success with the easy ones! I would recommend this book to anyone wanting to produce even a small amount of their own food on a windowsill, and to other gardeners, like me, who generally stop when the season ends. I am looking forward to how I will be able to extend my personal food production and eat healthier all year round.

I have searched high and low for informative instruction on how to grow microgreens at home. This book is the most concise I have found so far. Mr. Braunstein takes a newbie (like me) from the very beginning with explanations of what and how right through to the more advanced techniques and

necessary information like preventing mold and bacteria issues. I highly recommend this book for the beginner equally as well as the more experienced grower..... detailed explanations, step by step instructions and loads of pictures for the visual learners..... I finally found what I need to help me succeed!

When I decided to look into growing microgreens, I checked out the 3 available books from our library. Of the 3, the smallest book, Microgreen Garden was the most comprehensive and to me the most usable of them all. It is the one I chose to purchase to have at home for my own reference. It is well laid out with special instructions for peas, sunflowers and wheat grass in addition to helpful charts and a list of recommended microgreens. The notes on different plants are very useful and have contributed to my success in growing greens. The author references Giles Arbor, who had a bad experience with buckwheat greens and recommends avoiding growing and eating them. I don't necessarily agree with this and do grow and eat them in moderation. They are beautiful and delicious. Mr Arbor juiced large quantities every day and consumed the juice for months causing the reaction to a toxin found in the greens. Even water can be fatal if you drink too much. The author also doesn't recommend Chia greens because he says they taste bad. In my experience, they don't have a lot of taste but are certainly edible and are very cute little greens. They make a beautiful garnish. Over all this is a great little book and I recommend it. Fresh greens every day are so worth the bit of effort it takes to grow them. How great to be able to have a little year-round garden right in your home?

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