



# How to Grow Microgreens: Quick, Easy Ways to Grow and Eat Nature's Tasty Superfoods

*Fionna Hill*

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**How to Grow Microgreens: Quick, Easy Ways to Grow and Eat Nature's Tasty Superfoods** Fionna Hill  
How to Grow Microgreens - the tiny seedlings of herbs and vegetables - are today's hottest gourmet garnish, offering a multitude of colours, textures and distinct flavours, ranging from mild and subtle to spicy, hot or nutty. Larger than sprouts and smaller than 'baby' salad greens, microgreens are fantastic for those with limited garden space, as they are great to grow in containers on a terrace or windowsill. Immediate and practical, most varieties are ready in a week or so, and you can grow them in winter. As a bonus, as well as tasting great, nutritionally microgreens pack a powerful punch; they contain higher levels of active plant compounds than mature plants or seeds. How to Grow Microgreens provides detailed information - from planting to harvesting - for 25 popular vegetables and herbs, along with recipes and ideas on how to use them. There are also chapters on troubleshooting, the nutritional value of microgreens and how to encourage children to grow and enjoy them.

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As we know that book is vital thing to add our knowledge for everything. By a guide we can know everything we really wish for. A book is a list of written, printed, illustrated or maybe blank sheet. Every year ended up being exactly added. This publication How to Grow Microgreens: Quick, Easy Ways to Grow and Eat Nature's Tasty Superfoods was filled regarding science. Spend your extra time to add your knowledge about your science competence. Some people has different feel when they reading a new book. If you know how big benefit of a book, you can sense enjoy to read a e-book. In the modern era like right now, many ways to get book that you just wanted.

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