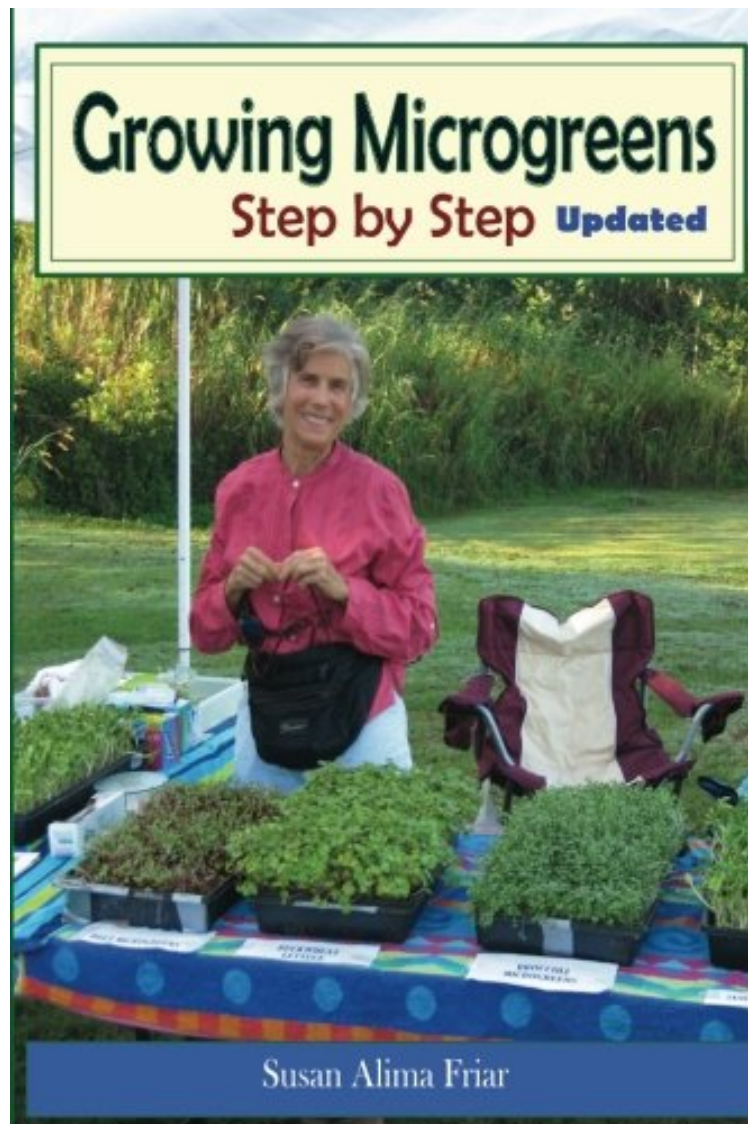


(Free) Growing Microgreens Step by Step: From Seed to Table in Seven to Ten Days

Growing Microgreens Step by Step: From Seed to Table in Seven to Ten Days

Susan Alima Friar

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Susan Alima Friar : Growing Microgreens Step by Step: From Seed to Table in Seven to Ten Days before purchasing it in order to gauge whether or not it would be worth my time, and all praised Growing Microgreens Step by Step: From Seed to Table in Seven to Ten Days:

1 of 1 people found the following review helpful. Small book, big on information By Dave While the book may be small in size, it's certainly full of great information about growing microgreens. The details about how much seed, and

whether it needs to be soaked or not make this an invaluable reference on the subject. I'm loving my microgreens and shoots too!
0 of 0 people found the following review helpful. Four Stars
By Michele Bullard
What I expected
2 of 2 people found the following review helpful. Like this book.
By JH
Very informative book for the price; I know I will utilize it while I learn to grow microgreens.

How would you like to have fresh garden greens ready to eat in 7 to 10 days winter or summer? Step by step, I will take you from the no fail, highly nutritious broccoli and kale to the colorful and kid favorite sunflower and pea shoots and way beyond. You only need a few minutes each day to tend your plants and you can have a rainbow of colors in a minimum of space and very reasonable cost. Microgreens are the youngest cultivated, green plants (1 to 2 in height) as opposed to sprouts which are germinated seeds. Seeds can be from vegetable or herb to edible flower seeds. Grow them in your home on your window sill or on your patio or anywhere that gets some light and is between 60 and 80 degrees. At the same time, growing this miniature garden can offer you a peaceful moment in your day as you watch the magic of nature with its varied shades, textures and tastes provide you with your own live green superfoods.

About the Author
Susan Alima Friar is a microgreen farmer on the island of Kauai. She began her first garden in Vermont where she owned an inn for nine years. Much of Alima's inspiration came from her training and class room experience as a Waldorf teacher and later as an environmental program facilitator with the Center of Land-Based Learning. After completing college at age 50 with Goddard College in VT, she led mandala workshops to help others reach their goals or create their visions. Later while living in Taos, NM, Alima began growing microgreens due to poor quality soil. This led to experimenting and finally teaching others after moving to the island Kauai, Hawaii where she teaches and shares microgreens with the community. Alima and her husband John currently reside on the beautiful island of Kauai and sometimes care for eight feral cats.