

# Download Microgreens How To Grow Natures Own Superfood

[Review of previous edition:] 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...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. Editorial Reviews. Microgreens are grown in a planting mix or substrate and harvested at around five cm, once the true leaves (characteristic of the plant) appear. They are removed by cutting just above the soil line. The book gives step by step directions on growing microgreens, plus a detailed directory to 28 individual plants,... "Microgreens: How to Grow Nature's Own Superfood" provides detailed information - from planting to harvesting - for 25 popular varieties, 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.