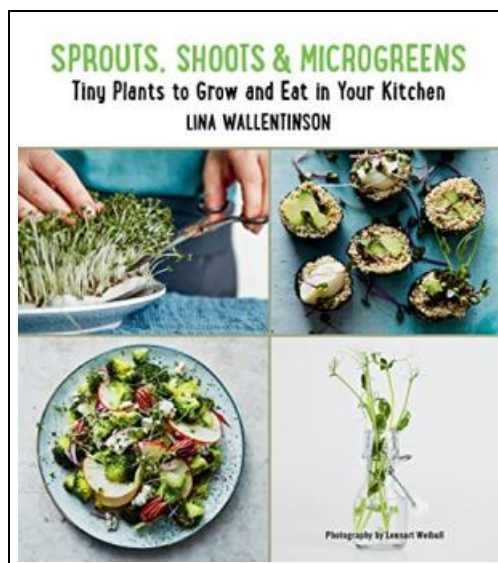


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Skyhorse Publishing, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. Learn how to grow (and consume) sprouts, shoots, and microgreens at home without using expensive or complicated equipment?all you need is tap water and a glass jar, and you're ready to go! This is an easy, fast, and smart way to fit healthy greens into your diet. Following Lina Wallentinson's instructions, in just a few days, you'll see dry seeds transform into burgeoning green sprouts. In *Sprouts, Shoots, and Microgreens*, Wallentinson proves there is much more to shoots, sprouts, and microgreens than the classics cress and mung beans and that they are truly easy to grow, no matter where you try to do so. All plants in this book can be grown in jars, colanders, sieves, or bags at any height, using many different kinds of light sources, and even under pressure. In addition to showing how to grow shoots and sprouts, Wallentinson teaches how to make delicious meals with your harvest. Using step-by-step pictures and descriptive recipes, she demonstrates that shoots and sprouts are much more than just decorations on a plate. Recipes include sushi rolls with quinoa and wasabi mayonnaise, baked pumpkin with lentil sprouts and almond pesto or coffee, and coconut balls with toasted buckwheat!.



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