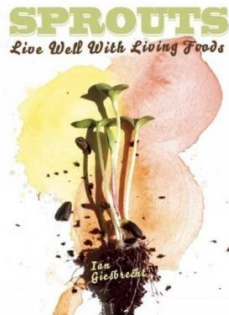


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SPROUTS: LIVE WELL WITH LIVING FOODS (PAPERBACK)



Microcosm Publishing, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Want to enjoy delicious, homegrown food year-round? Sprouts offers an accessible, holistic, and unique guide to incorporating microgreens and sprouted foods into any lifestyle. In the modern age, many of us crave a healthier, simpler diet and a closer connection to our food sources, and sprouting can help us to bridge those divides. Farmer and food activist Ian Giesbrecht s straightforward and easy-to-understand theory of sprouting..

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- Authored by Ian Giesbrecht
- Released at 2016

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