



Microgreens: How to Grow Nature's Own Superfood

Fionna Hill

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"The book is informative and accessible, delivering in a buoyant voice all you need to know about the ultimate in local eating -- making a meal of houseplants. It is nicely illustrated as well, with tantalizing photographs of microgreens at every stage, from seed to planting to plate. And there are more than a dozen recipes included... Highly recommended for gardeners, foodies, and health enthusiasts."

-- Library Journal (*starred review*)

The first edition of *Microgreens* sold 17,000 copies. This new edition is expanded with 30 new photographs and ten additional crops for a total of 30 microgreens. There are also four new recipes using microgreens.

Microgreens provides practical guidance on growing arugula and other popular mini-greens unique for their powerful nutritional punch, tasty variety of colors, textures and flavors, and high levels of concentrated active compounds. The author provides guidance for growing, harvesting and preparing the most popular microgreens plus newer microgreens like kale, daikon radish, bok choy, shungiku, and mizuna. The comprehensive instructions explain which containers to use, how to sow the seeds, when to harvest, how to store the bounty, and much more. A special chapter has tips on helping children to grow microgreens.

Microgreens shows how easy it is to bring fresh, nutritional and economical gourmet produce to the dinner table any time of year. This how-to book is ideal for health-conscious home cooks, especially those who believe in the importance of home-grown foods.



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