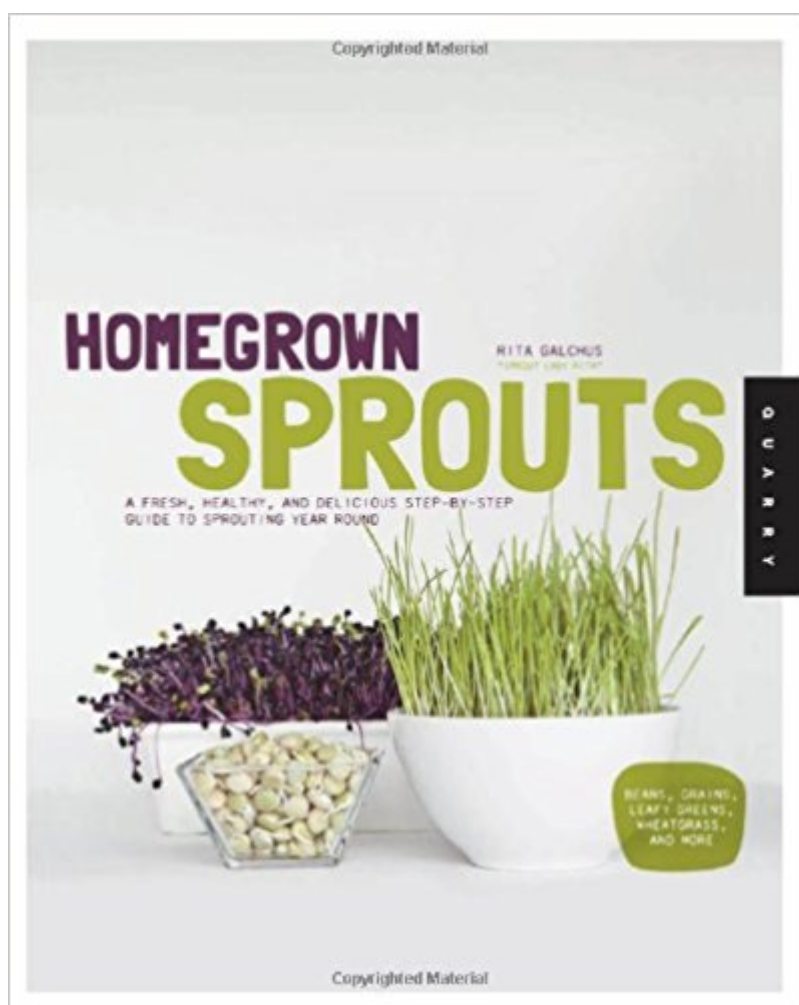


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# Homegrown Sprouts: A Fresh, Healthy, And Delicious Step-by-Step Guide To Sprouting Year Round



## Synopsis

Sprouts are the ultimate in local food--harvested no further away than your kitchen counter, they are fresh, delicious, and versatile. Homegrown Sprouts is the complete guide to growing your own sprouts. Choose the right sprouter for you, be it a jar, a bag, or a tray, and learn the techniques to use it. Grow a wide variety of sprouts, including wheatgrass, leafy greens, mung beans, and alfalfa. Enjoy them on their own, or discover a variety of serving suggestions from salads to soups to juices. There's even a chapter on sprouting for your pets. Whatever the season, Homegrown Sprouts will take you on a germinating journey that you won't soon forget. When you learn how easy it is to grow nutrition-packed sprouts in your own home, you'll want to use them in every dish you make!

## Book Information

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## Customer Reviews

Rita Galchus, owner of the Sprout House and popularly known as "Sprout Lady Rita", lives with her husband and their son. In addition to her love of sprouting, she is an avid reader and also enjoys walking, beach vacations, and spending time with her family and friends.

THE best book on sprouts I have read (and thats probably all of them), no doubt. Prior to this book, I was fairly unclear on the process: there are so many seeds with varying degrees of needs for rinsing/attention/length of germination-- then there is the dizzying number of sprouting vessels..OY! Wish I had this years ago, I am sure I would be healthier now!

I highly recommend this book. It is well written and easy to follow. Perfect for the novice sprouter. Extra bonus: The photography is beautiful. Thank you, Sprout Lady Rita! I look forward to the encore!

I have been buying sprout books for 30 years. Rita is the sprout queen and has put together a beautiful book!

ok

First time sprouter. Read book from cover to cover and refer back to often. Purchased seeds and sprouter from Rita also.

I loved the pictures. The information was very good about all kinds of different ways to sprout. I bought the book prior to buying anything else so I could see if this is something I could do. The details told me I will have to wait because I am out of town a lot--or get an automatic waterer. This is exactly what I needed to know--and when I am ready I will follow her very clear directions. Thanks for a beautiful book.

Written by the owner of the Sprout House, an online supplier of all things Sprout-y, this is a lady who knows her sprouting. It gives a good overall picture of all the techniques and equipment that are needed for sprouting, and serves as a great reference book for all different types of seeds, include those pesky gelatinous ones.

Sprout Lady Rita wrote a great book about how to grow your own sprouts. Very clearly laid out with 200 color photographs used in the step-by-step directions. I have been sprouting for decades and found some very useful insights into sprouting. Really enjoyed her easy style of writing. Great book for the novice and the veteran sprouter.

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