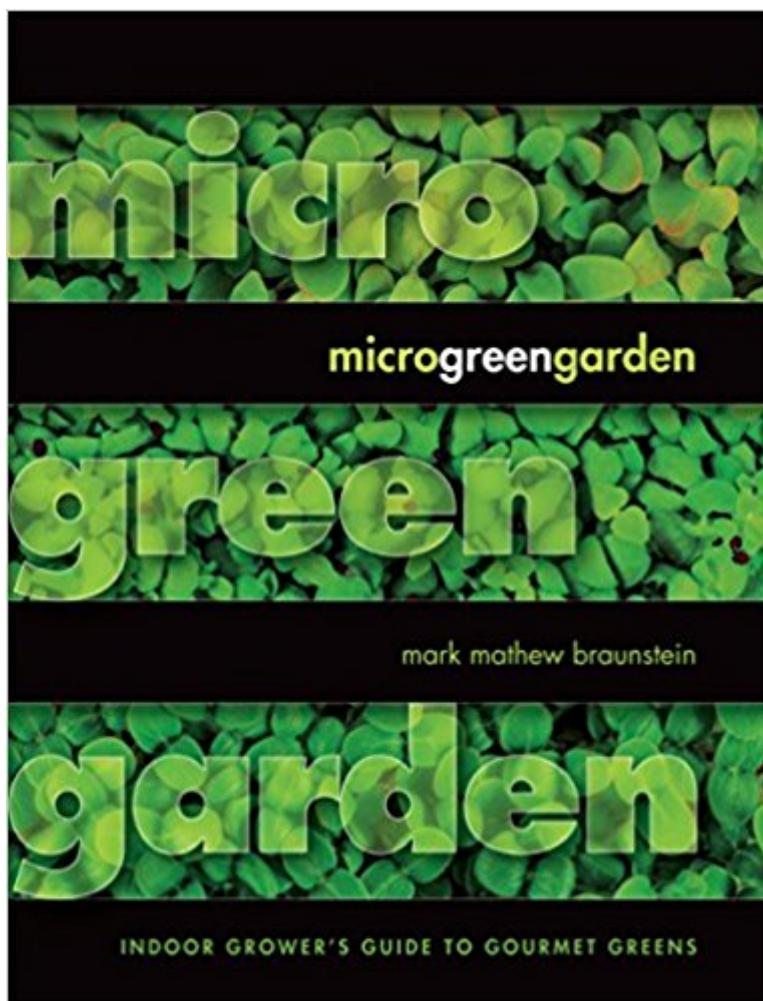


The book was found

# Microgreen Garden: Indoor Grower's Guide To Gourmet Greens



## Synopsis

Microgreens, the young seedlings of herbs, vegetables, beans, seeds, and grains, contain four to six times the vitamins and phyto-nutrients found in mature leaves of the same plants. This comprehensive resource explains how to grow microgreens at home, both inexpensively and easily. It provides detailed instructions for selecting seeds and soil, along with guidance on proper temperature, light, and ventilation. Also covered are methods for both small- and large-scale growing of microgreens, how to extend harvests, and techniques for preventing contamination by bacteria and mold. Filled with how-to information and vibrant full-color photos by the author, the book explores every aspect of this unique form of gardening. Included is a helpful guide to 55 species of microgreens, which profiles each green according to its flavor, preferred cultivar, special handling needs, and more.

## Book Information

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## Customer Reviews

Microgreen growing expert Mark Braunstein comes to the rescue of all want-to-be indoor year-round homegrowers of young vegetable seedlings, herbs, beans and grains with Microgreen Garden, an amazingly photographed step-by-step definitive guide that will have you munching on self sown and grown microgreens in no time. A long time microgreen-eating vegan, Braunstein knows the tricks and pitfalls for the best harvest, and covers everything from seed sources to planting containers and mixes, and suggests the ten easiest microgreens for beginners. --Spirit of Change Magazine

Mark Mathew Braunstein has thrived on a vegan diet enriched with homegrown microgreens and sprouts since 1977. He is one of the leading authorities on microgreens and has been a featured speaker at whole life expos, vegetarian festivals, and college campuses. He is the author of *Sprout Garden: Indoor Grower's Guide to Gourmet Sprouts*, which has sold over 33,000 copies. He is also the author of *Radical Vegetarianism*. His articles about growing microgreens and sprouts have appeared in *Natural Health*, *Vegetarian Times*, *Healing Our World*, and elsewhere. You can read many of his sprouts and microgreens articles at [MarkBraunstein.Org](http://MarkBraunstein.Org) Download his microgreens resources from [MicrogreenGarden.com](http://MicrogreenGarden.com)

When I decided to look into growing microgreens, I checked out the 3 available books from our library. Of the 3, the smallest book, *Microgreen Garden* was the most comprehensive and to me the most usable of them all. It is the one I chose to purchase to have at home for my own reference. It is well laid out with special instructions for peas, sunflowers and wheat grass in addition to helpful charts and a list of recommended microgreens. The notes on different plants are very useful and have contributed to my success in growing greens. The author references Giles Arbor, who had a bad experience with buckwheat greens and recommends avoiding growing and eating them. I don't necessarily agree with this and do grow and eat them in moderation. They are beautiful and delicious. Mr Arbor juiced large quantities every day and consumed the juice for months causing the reaction to a toxin found in the greens. Even water can be fatal if you drink too much. The author also doesn't recommend Chia greens because he says they taste bad. In my experience, they don't have a lot of taste but are certainly edible and are very cute little greens. They make a beautiful garnish. Over all this is a great little book and I recommend it. Fresh greens every day are so worth the bit of effort it takes to grow them. How great to be able to have a little year-round garden right in your home?

I have searched high and low for informative instruction on how to grow microgreens at home. This book is the most concise I have found so far. Mr. Braunstein takes a newbie (like me) from the very beginning with explanations of what and how right through to the more advanced techniques and necessary information like preventing mold and bacteria issues. I highly recommend this book for the beginner equally as well as the more experienced grower..... detailed explanations, step by step instructions and loads of pictures for the visual learners..... I finally found what I need to help me succeed!

I bought this book as the kindle edition. I don't recommend doing that. The book itself has tons of great information and if I had the actual book to flip back and forth between pages I think the directions would be easier to follow. The directions themselves for growing micro greens is very precise and I can tell the author has a background in the topic. If you are serious about growing micro greens and want specific directions this is the book for you.

The best book on microgreens. If you can only buy one book on microgreens, get this one. In fact if you get Mark Braunstein's Microgreen Garden, you won't ever need to get another. I thought I misplaced my first copy and my other books on microgreens are not as complete, so this is my second copy. It is full of great practical information for the beginner written by someone with obvious experience with the subject matter. It is also a good reference book to keep around. PJ from Texas

After losing a couple of microgreen crops I decided to buy this book to get more insight. The book covers everything needed to start and maintain you own microgreen garden with easy to follow instructions and pictures. The author explains how to grow using various methods which is very helpful when your trying different things.

Lacking organization in my opinion. I feel like there were some editing errors. Information was accidentally omitted in places, like the section on growing wheatgrass says refer to chapter 8 for more detailed growing instructions. You go to that chapter and there is absolutely no mention of wheatgrass. That being said there is definitely still good information in here. A good place to start for sure. I like the growing techniques mentioned in this book.

I really love this book. I wish I had purchased this years ago, I would have saved myself a lot of money. He gives very no-nonsense advice. I disagree with some of his "difficulty" ratings - certain seeds I have had no difficulty with, but I might have been scared to try if I listened to him. But, maybe I'm just lucky. The pictures and step-by-step advice really helps. Particularly useful is the section on sunflower and pea shoot growing. Seriously, this is life-changing, as I have found his methods very simple, and I am never without these 2 greens now. There are many books that are not worth buying, because you could get the info off of the internet, but this one is worth the money because it's all in one place, and it's a nice size to keep handy.

Good beginners guide. A little rudimentary in a lot of places, but I think it was to fill pages.

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