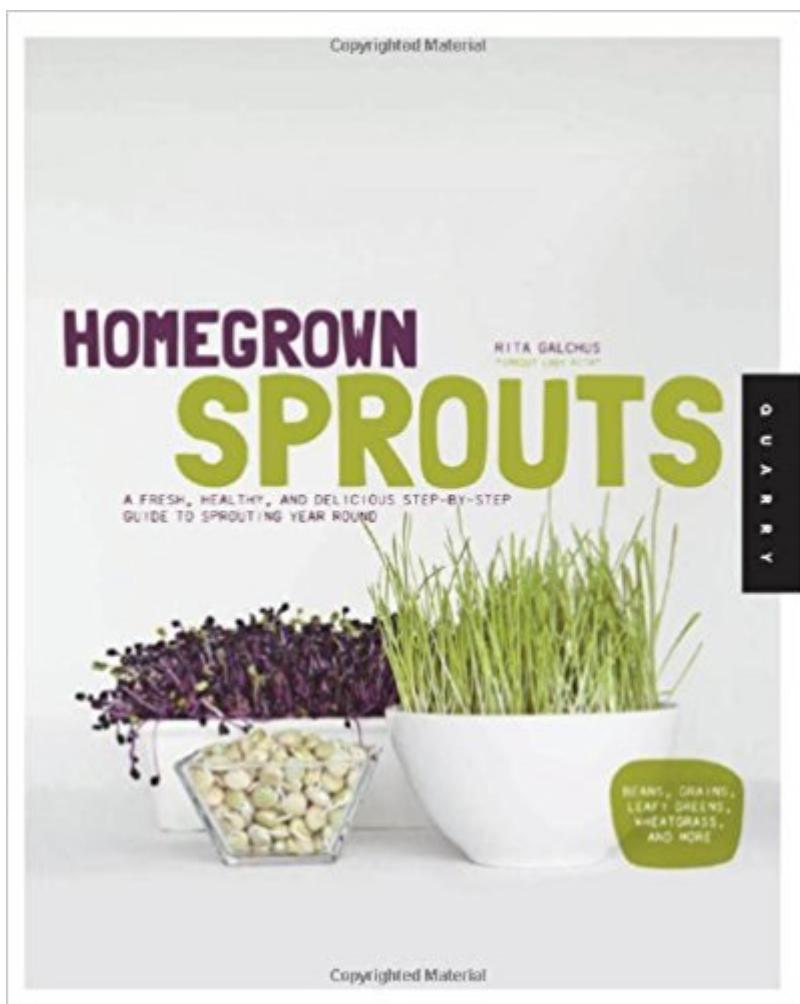


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# Homegrown Sprouts: A Fresh, Healthy, And Delicious Step-by-Step Guide To Sprouting Year Round



## **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 that's 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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Homegrown Sprouts: A Fresh, Healthy, and Delicious Step-by-Step Guide to Sprouting Year Round

The Sprouting Book: How to Grow and Use Sprouts to Maximize Your Health and Vitality

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Microgreens, and More Indoor Kitchen Gardening: Turn Your Home Into a Year-round Vegetable

Garden - Microgreens - Sprouts - Herbs - Mushrooms - Tomatoes, Peppers & More Container: Herb

Gardening, Made Easy: How To, Grow Fresh Herbs, At Home, In Pots (Beginners, Guide, Green House Plan, Medicinal, Homegrown Use, Natural ... Tiny House, Backyard Farming Book 5) Coaching Elementary Soccer: The easy, fun way to coach soccer for 6-year-olds, 7-year-olds, 8-year-olds, 9-year-olds, and 10-year-olds (kindergarten, first-grade, second-grade, and third-grade) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Canning and Preserving Guide for Beginners: Canning and Preserving Cookbook for Fresh Food Year Round 'Round and 'Round the Garden: Music in My First Year! (First Steps CDs and Cassettes) The Everything Root Cellaring Book: Learn to store, cook, and preserve fresh produce all year round! (EverythingÃ®) The Diabetic Chef's Year-Round Cookbook: A Fresh Approach to Using Seasonal Ingredients Instant Pot Pressure Cooker Cookbook: Easy Recipes and the Ultimate Guide to Fast, Delicious, and Healthy Meals: Healthy, Easy And Delicous Meals With ... Crock Pot, Healthy, Quick & Easy, Paleo,) Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys Ã¢â€œ Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) Dump Dinners: 101 Easy, Delicious, and Healthy Meals Put Together in 30 Minutes or Less! (dump dinners, dump dinner recipes, crockpot recipes, dump ... recipes, healthy recipes, healthy cooking) Trim Healthy Mama's Trim Healthy Table: More Than 300 All-New Healthy and Delicious Recipes from Our Homes to Yours The Ultimate Guide to Vegetable Gardening for Beginners, 2nd Edition: How to Grow Your Own Healthy Organic Vegetables All Year Round! Ketogenic Diet: The Complete Step-by-Step Guide for Beginners to Lose Weight and Get Healthy (Ketogenic Recipes, Weight Loss, Low Carbs, Step by Step Guide, Ketogenic Cookbook, Keto For Beginners) Super Immunity: A Breakthrough Program to Boost the Body's Defenses and Stay Healthy All Year Round Fresh and Healthy DASH Diet Cooking: 101 Delicious Recipes for Lowering Blood Pressure, Losing Weight and Feeling Great The Year-Round Vegetable Gardener: How to Grow Your Own Food 365 Days a Year, No Matter Where You Live

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