



Sprouts: The Miracle Food: The Complete Guide to Sprouting

By Steve Meyerowitz

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The Sproutman's guide to indoor organic gardening shows you step by step, how to grow these delicious baby greens and mini-vegetables in just one week from seed to salad. This guide can make anyone a self sufficient gardener of sprouts that are bursting with concentrated nutrition. Includes comprehensive nutrition charts, Questions and Answers, seed resources, illustrations, photo's & Charts.

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The Sproutman's guide to indoor organic gardening shows you step by step, how to grow these delicious baby greens and mini-vegetables in just one week from seed to salad. This guide can make anyone a self sufficient gardener of sprouts that are bursting with concentrated nutrition. Includes comprehensive nutrition charts, Questions and Answers, seed resources, illustrations, photo's & Charts.

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