



Sprout Garden - Revised Edition

Mark Mathew Braunstein

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Sprout Garden, now in its sixth printing, presents a comprehensive guide to the art and science of home sprouting. From aduki beans to wheat kernels, it explains the best methods and optimal conditions for growing and preparing the many varieties of fresh sprouts, and offers essential advice so that even beginners can succeed.

With a generous helping of puns and subtle humor, the book entertains as it explains how to cultivate wholesome fresh food at home, the latest health research about broccoli sprouts and alfalfa, and mail order sources for sprouting equipment and seeds.

Also included is a collection of radicle vegetarian recipes intended to tantalize the gourmet's palate not just with salads but also with entire dinners and delicious desserts.

Sprout Garden provides an indispensable resource for every whole foods vegetarian kitchen.

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