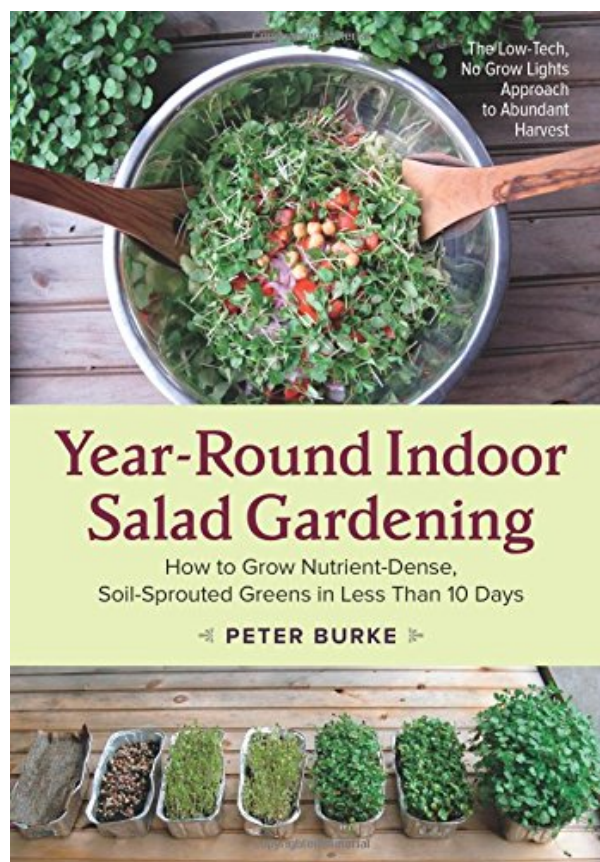
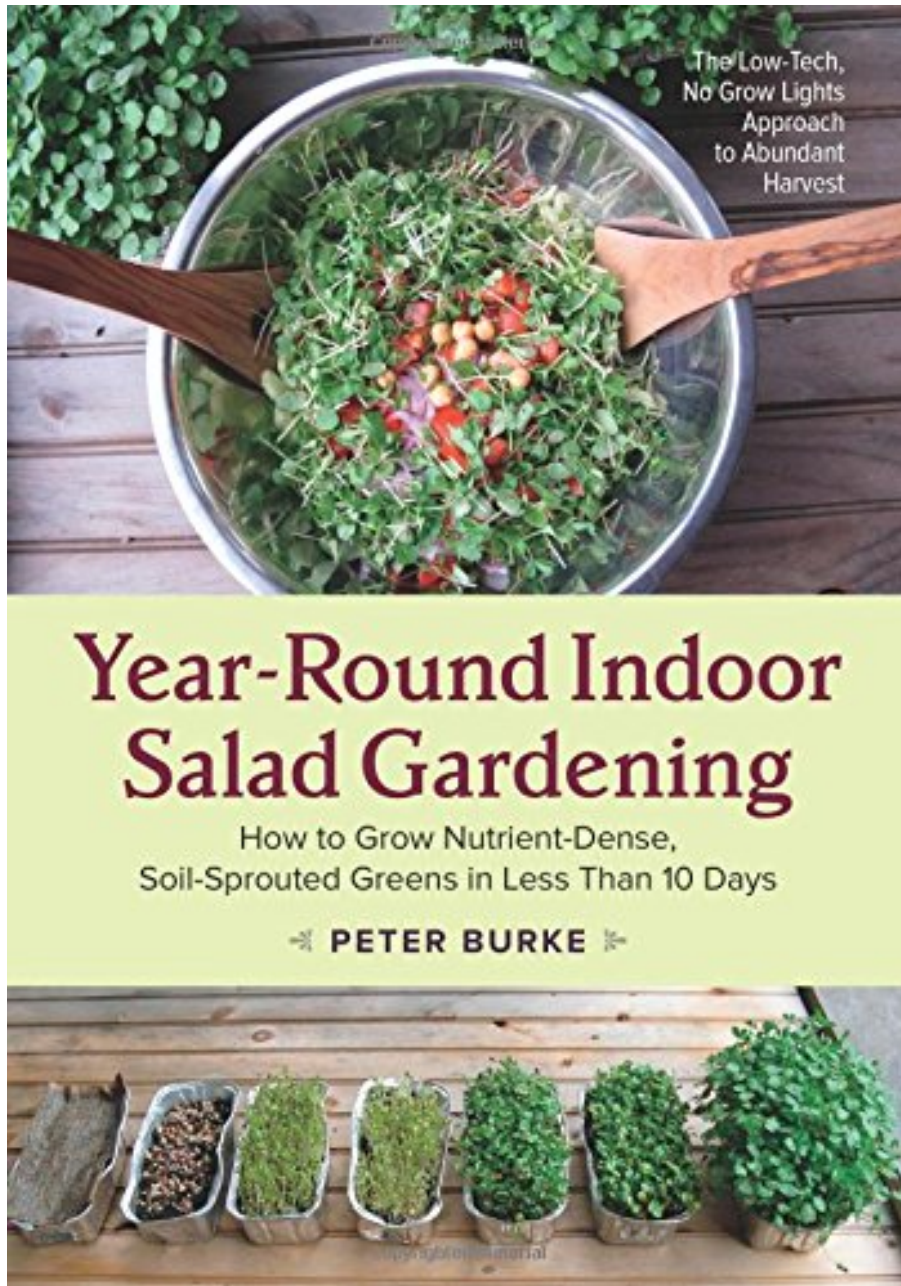


YEAR-ROUND INDOOR SALAD GARDENING: HOW TO GROW NUTRIENT-DENSE, SOIL-SPROUTED GREENS IN LESS THAN 10 DAYS BY PETER BURKE



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The Low-Tech, No-Grow-Lights Approach to Abundant Harvest

Year-Round Indoor Salad Gardening offers good news: with nothing more than a cupboard and a windowsill, you can grow all the fresh salad greens you need for the winter months (or throughout the entire year) with no lights, no pumps, and no greenhouse.

Longtime gardener Peter Burke was tired of the growing season ending with the first frost, but due to his busy work schedule and family life, didn't have the time or interest in high-input grow lights or greenhouses. Most techniques for growing what are commonly referred to as "microgreens" left him feeling overwhelmed and uninterested. There had to be a simpler way to grow greens for his family indoors. After some research and diligent experimenting, Burke discovered he was right?there was a way! And it was even easier than he ever could have hoped, and the greens more nutrient packed. He didn't even need a south-facing window, and he already had most of the needed supplies just sitting in his pantry. The result: healthy, homegrown salad greens at a fraction of the cost of buying them at the market. The secret: start them in the dark.

Growing "Soil Sprouts"?Burke's own descriptive term for sprouted seeds grown in soil as opposed to in jars?employs a method that encourages a long stem without expansive roots, and provides delicious salad greens in just seven to ten days, way earlier than any other method, with much less work. Indeed, of all the ways to grow immature greens, this is the easiest and most productive technique. Forget about grow lights and heat lamps! This book is a revolutionary and inviting guide for both first-time and experienced gardeners in rural or urban environments. All you need is a windowsill or two. In fact, Burke has grown up to six pounds of greens per day using just the windowsills in his kitchen! Year-Round Indoor Salad Gardening offers detailed step-by-step instructions to mastering this method (hint: it's impossible not to succeed, it's so easy!), tools and accessories to have on hand, seeds and greens varieties, soil and compost, trays and planters, shelving, harvest and storage, recipes, scaling up to serve local markets, and much more.

- Sales Rank: #56380 in Books
- Published on: 2015-09-18
- Original language: English
- Number of items: 1
- Dimensions: 9.90" h x .50" w x 6.80" l, .0 pounds
- Binding: Paperback
- 208 pages

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Most helpful customer reviews

22 of 22 people found the following review helpful.

Give this book a try-You'll be glad you did!

By Amazon Customer

This book was very timely because it is now the fall and my garden won't have many more weeks of growth before winter sets in. It was to the point, easy to understand, easy to implement--he's covered everything! He also has taught this as a course,so it has been refined along the way.

I'm going to do this this fall because I can't stand the thought of going back to supermarket greens after eating from my organic garden. Even if you have never grown anything to eat before, get the book and follow it to the letter(easy). You'll be glad you did! JD-Phila,Pa.

14 of 14 people found the following review helpful.

I'm sprouting like a pro!

By Lisa E. Schaeffer

Thanks to this book I have been filling my salad plate with home grown soil sprouts. I am not a green thumb in any way but I've grown several batches of beautiful sprouts simply by following the directions in this book. The pictures add so much to the instructions.

13 of 13 people found the following review helpful.

Great guide to growing salad sprouts

By Josie

I really appreciate this straightforward guide to growing your own salad green sprouts. I have wanted to grow salad greens indoors for quite a while but I didn't want to deal with the trouble of having to set up lights and the long wait from seed to salad. I find the salad green sprouts to be the perfect fit for what I want because they grow quickly with only the light from a window. They taste delicious and are much easier to grow indoors than salad greens.

This book does a great job of going over all the details of growing indoor salad sprouts as well as describing what seed varieties are best for sprouts. It's totally worth buying if you like the idea of growing your own sprouts! I spend about 10-15 min a day preparing my salad green sprouts (you plant new pans every day so you have a daily supply), and it's really as easy as the book describes.

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