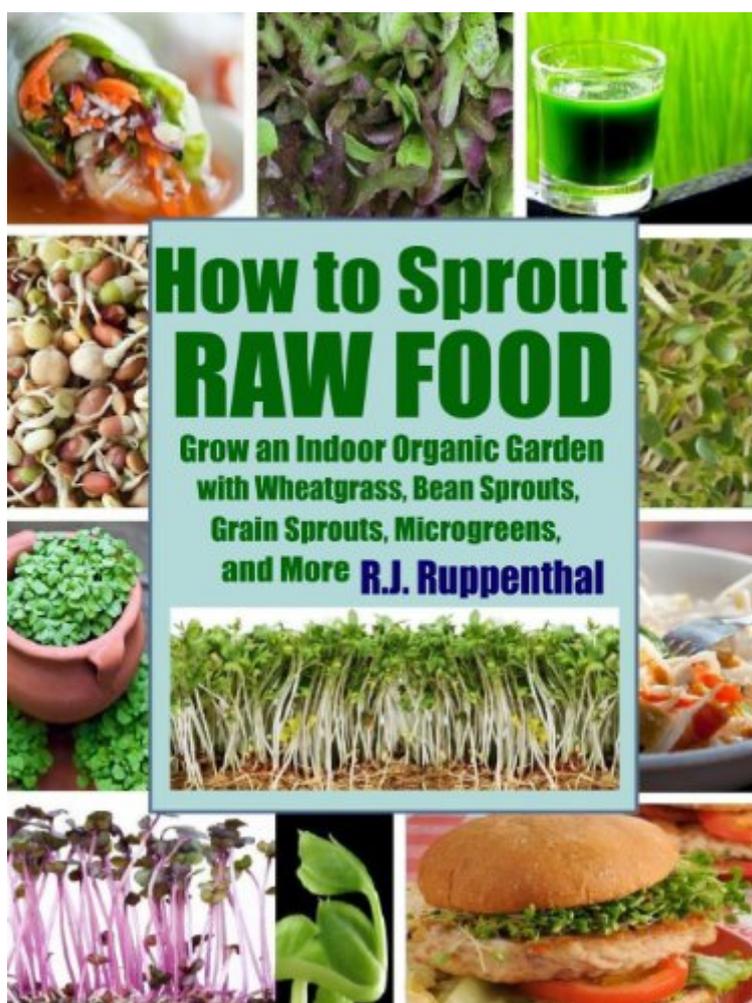


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# How To Sprout Raw Food: Grow An Indoor Organic Garden With Wheatgrass, Bean Sprouts, Grain Sprouts, Microgreens, And More



## Synopsis

Grow Your Own Raw Food Anywhere! Would you like to grow some of your own food this year? Indoors? With no sunlight or soil? At any time of the year and at all times of the year? Sprouts allow you to do all that and more. In fact, you can grow all the vegetables your body needs (plus all the protein as well) in an area that's no bigger than your microwave oven. I grow sprouts on top of my refrigerator, harvesting baskets of fresh, raw food every week without even going outside. Growing sprouts is simple and it's cheap. Sprouts can provide you with the power-packed nutrition your body needs at a fraction of the price of store bought food. You can save money while eating right. There's no dirt, no pests, and no weeding required. Raw Food Salads, Sandwiches, Cereals, and More! This short guide will teach you how to grow sprouts and enjoy eating them. If you like salads, I'll show you how to make delicious bowls with tasty mild or spicy sprouts. If you enjoy eating cereal for breakfast, try some sprouted grains with natural malt sugars that nourish your body and taste far better than boxed cereals. Need to lose a few pounds? Simply eating a few more sprouted beans will keep you feeling fuller and eating fewer carbs. Toss some bean sprouts, lentil sprouts, or pea sprouts into your next rice or pasta dish; they make great burgers as well. You'll find that your body absorbs the protein better when the beans are sprouted, which usually reduces flatulence as well. All this nutrition, protein, and fiber will have you shedding a few pounds in a hurry. Topics Include:

1. Superfood Sprouts Cheap, Easy to Grow, Provide Year-Round Nutrition
2. The Benefits of Raw Food Lose Weight, Nourish Your Body, and Stimulate Energy Levels
3. Sprouting Equipment and How to Use It Trays, Jars, Bags, Automatic Sprouters, and Wheatgrass Juicers
4. Salad and Sandwich Sprouts Alfalfa, Clover, Radish, and Broccoli
5. Bean Sprouts Mung Beans, Soy Beans, Lentils, Peas, and More
6. Grain Sprouts Wheat, Barley, Rye, Oats, Triticale, Quinoa, and Other Grains
7. Seed and Nut Sprouts Sunflower, Sesame, Pumpkin, Peanut, and Flax
8. Seasoning Sprouts Basil, Celery, Cress, Dill, Fenugreek, Mustard, Onion Family, and More
9. How to Grow Microgreens Grow a Gourmet Baby Salad, Anytime, Anyplace!
10. Wheatgrass Juice From Homegrown Sprouts How to Grow and Juice Your Own Wheatgrass
11. Where to Get the Best Sprouting Seeds Trusted Sources for the Freshest Quality
12. Where to Find the Best Raw Food Sprout Recipes Delicious ways to enjoy your sprouts, raw or cooked Eat More Raw Foods for Better Health Raw food contains many nutrients that are lost in the cooking process. Our prehistoric ancestors ate most of their food raw until around 12,000 years ago. The human body has not yet adapted to the large quantities of cooked and processed foods we feed ourselves. This is a big reason for the high rates of diabetes, cancer, heart disease, and other chronic ailments: we are poisoning ourselves with so much over-cooked, over-processed foods. People who switch to raw

food diets (or simply include some more raw food in their diets) experience many benefits, such as weight loss and great energy levels. This book will help you increase the quantity of raw food in your diet from sprouts, including salad and sandwich sprouts, wheatgrass, microgreens, and sprouted beans, nuts, seeds, and grains (which most people can digest well without any cooking). Learn how to grow some of your fresh food indoors, in a small space, with no direct light, and no soil (except microgreens). Pick this one up. You won't be disappointed!

## **Book Information**

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## **Customer Reviews**

This is a very SHORT read with very little useful information, most of which is incomplete! I ordered this knowing it would be a quick read that would hopefully get me growing in no time, but I found a lack of information on, how to. What info there was that might have been useful was incomplete! I would not waste your money even if it's only 5 bucks! The Author refers to this as a book, well we should all be so lucky to write something 16 pages long, and call it a book, and make money doing so!

There are only 16 pages of paper in it not counting the last one which is a blank and is without page

numbers or separate chapters. Instead of covering sprouting in depth it only gives a brief overview. For example in the microgreen section it only tells how to plant and what to plant. It does not cover when to harvest and how to harvest. Far more in depth information on sprouting can be found on the internet.

I'd been looking for some guidance on sprouting and this quick-read will make a very handy reference book! Not a detailed tome, but quick, easy answers to help you hit the ground running (so to speak) with sprouting! :)

I'm excited about trying it. The author gives examples of many different types of seeds, beans, nuts and grains as well as methods and suggested equipment for each type. He also covers how long to let the various types grow before harvesting and how long they can be stored. He provides the sort of detail that one could only gain by actually growing each type and learning their idiosyncrasies.

Great little resource if you are interested in adding raw foods to your diet. There's lots of great stuff inside, but I was very excited to find out that all those bags of dried lentils in the pantry (that I never know what to do with except make lentil soup) can be sprouted and eaten raw on top of salads or on sandwiches and such. Same with black beans, peas and other beans. I was also surprised to see how little time it actually takes....in most cases just a few days from dried bean/legume, etc. to sprouted edible shoots. Well researched and reads as if the author knows what he/she is talking about.

Wanted to start eating more sprouts and tried with just mason jars. Now after reading this e book I will be trying different types and starting micro greens. If you are interested in sprouts read this book.

I highly recommend this booklet. It has pictures to augment the instructions given. I found the links included helpful. This is my first time sprouting anything and I had 100% success. If I can do it anyone can! Thank you for the book!!

Great book, but some things are missing. Such as being careful where you buy your seeds (or even the fruits, as they may be hybrids. Not everything can be sprouted for addition nutrition or for growing your own. Case in point: From Wikipedia: "California almonds labeled "raw" must be

steam-pasteurized or chemically treated with propylene oxide. This doesn't apply to imported almonds or almonds sold from the grower directly to the consumer in small quantities."This is NOT noted on the label of the can of "raw almonds" that I bought. This means you can't sprout almonds for added nutrition or anything at all. So, beware and be wary if you find you are having difficulty getting something to sprout. There may be an ominous reason. :(

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Holistic Grain Production for the Home and Market Producer ORGANIC COOKBOOK: Healthy And Delicious Baby Food Recipes Which Are Nutritious And Easy To Cook (organic food, food recipes, nutritious food)

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