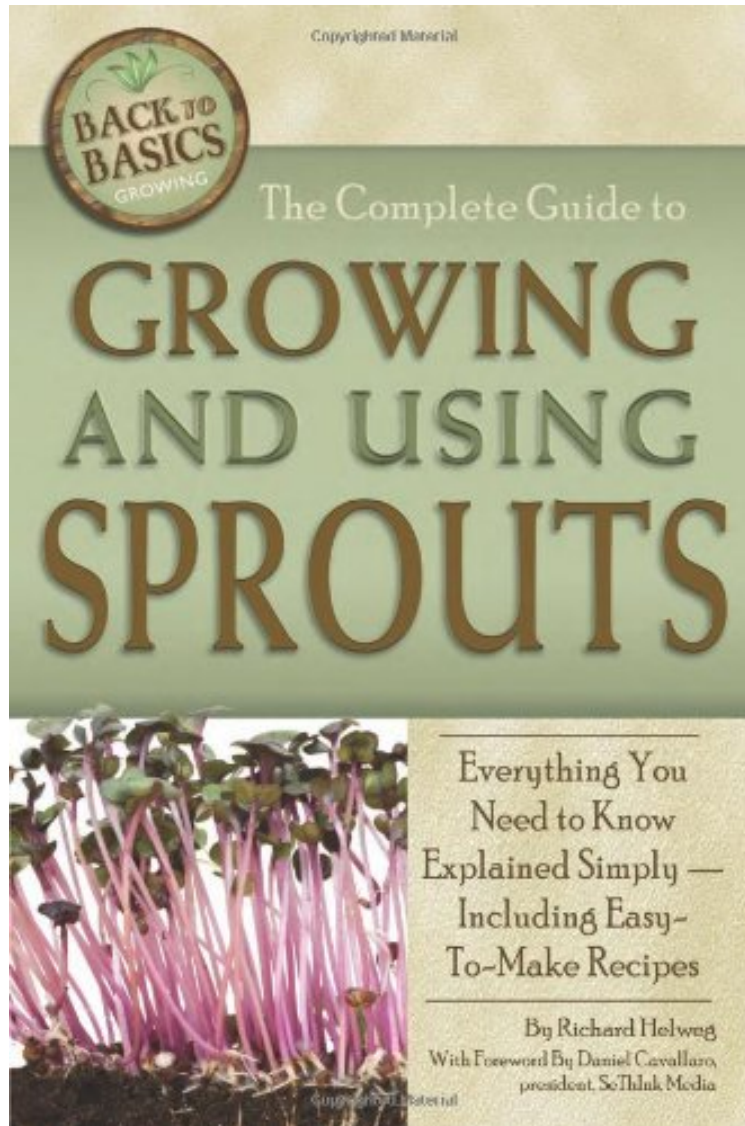


[Mobile pdf] The Complete Guide to Growing and Using Sprouts: Everything You Need to Know Explained Simply (Back to Basics Growing)

The Complete Guide to Growing and Using Sprouts: Everything You Need to Know Explained Simply (Back to Basics Growing)

Richard Helweg

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Sprouts have been a happy addition to many sandwiches, noodle dishes, and side plates at restaurants for decades, and when they are properly grown at home, they can add a much needed boost of both plant protein and fiber to your diet. However, knowing how to properly grow sprouts so that they both thrive and successfully produce year after year can seem like a complex process in many cases if you don't have the necessary resources to successfully grow them at your disposal. Knowing where they grow, the proper temperatures for cultivation, and the many uses they serve are all necessary steps to being successful in growing sprouts. This book was written with all of these details and many more in mind, guiding you through the complex process of adding a new plant to your garden. You will learn how to take advantage of the core benefits of sprouts, starting with how to recognize the various types of sprouts and what they do for your body. You will learn how they compare to other top super foods and vegetables and how to effectively use them to fight cancer, boost your mineral and vitamin intake, increase your raw food intake, cleanse the blood, improve liver function, and generally feel better. Learn how to start growing and juicing your own sprouts as well, using your home, greenhouse, or garden as a source of daily nutrition and a boost to your body. You will read interviews from top nutritional experts and sprout growers who share their experiences and insights into how sprouts can benefit nearly anyone. As an added bonus, you will benefit from dozens of top recipes that help you utilize your sprouts in foods that best take advantage of their high nutritional content, while bolstering their taste and texture. For anyone who has ever considered growing and adding sprouts to their diet, this book will be a much needed resource. Atlantic Publishing is a small, independent publishing company based in Ocala, Florida. Founded over twenty years ago in the company president's garage, Atlantic Publishing has grown to become a renowned resource for non-fiction books. Today, over 450 titles are in print covering subjects such as small business, healthy living, management, finance, careers, and real estate. Atlantic Publishing prides itself on producing award winning, high-quality manuals that give readers up-to-date, pertinent information, real-world examples, and case studies with expert advice. Every book has resources, contact information, and web sites of the products or companies discussed. This Atlantic Publishing eBook was professionally written, edited, fact checked, proofed and designed. The print version of this book is 290 pages and you receive exactly the same content. Over the years our books have won dozens of book awards for content, cover design and interior design including the prestigious Benjamin Franklin award for excellence in publishing. We are proud of the high quality of our books and hope you will enjoy this eBook version.

About the AuthorRichard Helweg has more than 25 years experience working in the nonprofit sector as an artistic director, managing director, and executive director. He is an award-winning playwright and has recently written *And Justice for All*, *A History of the Supreme Court*, a book for young readers, and *How to Get Your Share of the \$30-Plus Billion Being Offered by U.S. Foundations: A Complete Guide for Locating, Preparing, and Presenting Your Proposals* (Atlantic Publishing). Richard has written several books for Atlantic Publishing Group. Richard lives in Lincoln, Nebraska, with his wife, Karen, and sons Aedan and Rory."