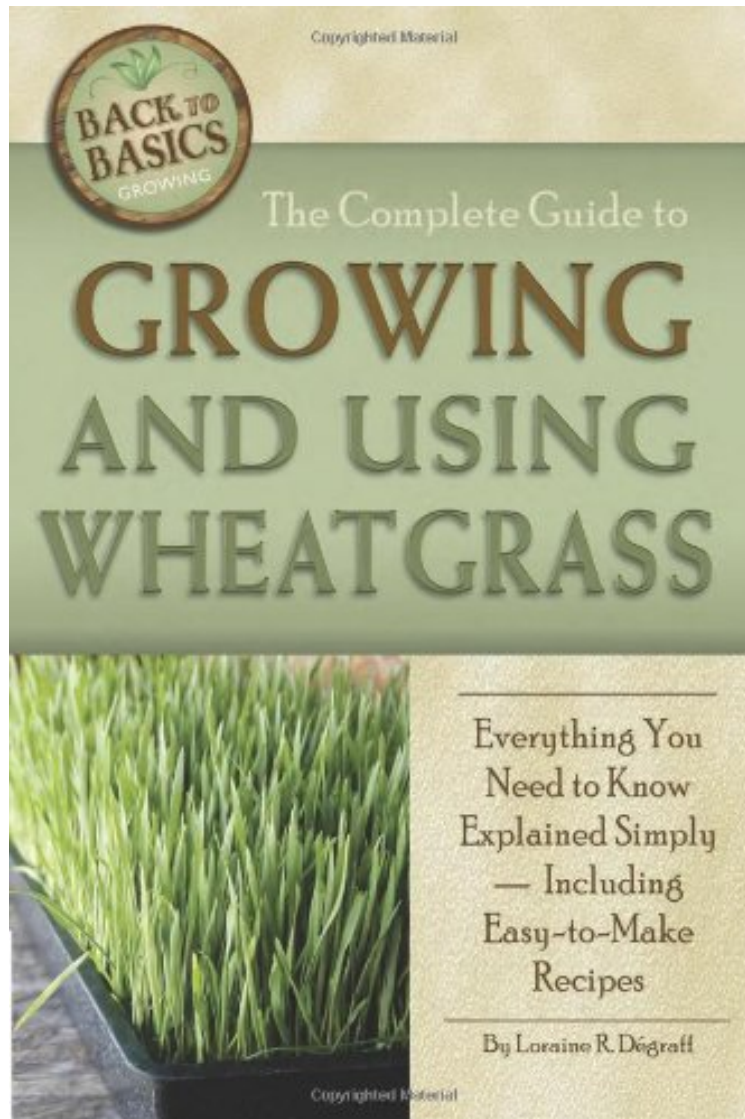


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## **The Complete Guide to Growing and Using Wheatgrass: Everything You Need to Know Explained Simply, Including Easy- to-make Recipes (Back-To-Basics Gardening)**

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0 of 0 people found the following review helpful. Its okBy yolanda amatoSome of the information conflicts with other information given in the book. Most of it is basic nutrition information. And most of the information is from one or two sources. Mainly Ann Wigmore. Overall, its ok. A little disappointed though. I thought it was going to tell me something I didn't know.0 of 0 people found the following review helpful. Five StarsBy CustomerI like this book1 of 1 people found the following review helpful. Five StarsBy KayGreat book for growing wheatgrass, gives us alot of information

Wheatgrass, that simple green plant you see growing above the counter in your favorite smoothie shops, is one of the most versatile, intrinsically useful vegetable matters available to you. It can be blended into almost anything, grows in any temperate or warm climate, and is chock full of so many vitamins and fiber that it can take the place of up to two or three servings of vegetables every day if used properly. More and more people are taking advantage of this highly useful plant and growing it themselves, but for many, the lack of instruction and direction can lead to frustration and confusion over how the plant is supposed to be grown and what it needs to thrive. This book guides you through the process of not only growing, but successfully cultivating wheatgrass for your own personal use in nearly any endeavor, from selling at local farmers markets to mixing in with your home made smoothies. You will learn what wheatgrass does for you and your body; providing the necessary energy you need to lose weight and help fight illness by boosting your immune system. You will learn how to grow your own wheatgrass and how chlorophyll functions within wheatgrass, reducing environmental hazards, cleaning your blood with unique enzymes, improving liver function, and deodorizing the body. The nutritional benefits of wheatgrass are outlined in detail for anyone who wants to benefit from them, including the vitamin contents, and comparisons to other super foods. The minerals, amino acids, cancer fighting aspects, and weight loss potential of wheat grass are outlined in detail for you alongside instructions on how to grow and juice your own wheatgrass regardless of where you live. Top wheatgrass growers and experts have been interviewed and have provided their take on how you can start using it to cleanse your body and increase your nutritional intake every day. For anyone who has ever considered wheat grass s super food potential for their greenhouse or garden, this guide is everything you need. 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.

About the Author Though born in the United States, Loraine R. Degraff considers herself international due to her military family background. Her father's assignments led the family through the states and overseas. She is a Duke University graduate and a recipient of a masters degree in graphic design from Pratt Institute. Pursuing a childhood dream of a writing career earned her an advanced diploma from the Institute of Childrens Literature in West Redding, Connecticut. Degraff currently lives in New York with her husband and five children, regularly augmenting her writing portfolio, which consists of several musical dramas, business and travel guides, children s stories, poems, and numerous articles. Based on her interest in the human body and its ability to heal itself, Degraff turned her writing focus to the area of alternative health. Her knowledge in this area, obtained through extensive research and hands-on experience growing and preparing organic herbs and produce beneficial to the body, laid a foundation for the writing of *The Complete Guide to Growing and Using Wheatgrass*. Degraff believes individuals can make better decisions for their personal health if they are better informed of the choices available to them. For more information about Degraff and her work, visit [lorainedegraff.com](http://lorainedegraff.com).