



# **Sprouts: The Miracle Food: The Complete Guide to Sprouting**

*Steve Meyerowitz*

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## **Sprouts: The Miracle Food: The Complete Guide to Sprouting** Steve Meyerowitz

The Sproutman's guide to indoor organic gardening shows you step by step, how to grow these delicious baby greens and mini-vegetables in just one week from seed to salad. This guide can make anyone a self sufficient gardener of sprouts that are bursting with concentrated nutrition. Includes comprehensive nutrition charts, Questions and Answers, seed resources, illustrations, photo's & Charts.

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