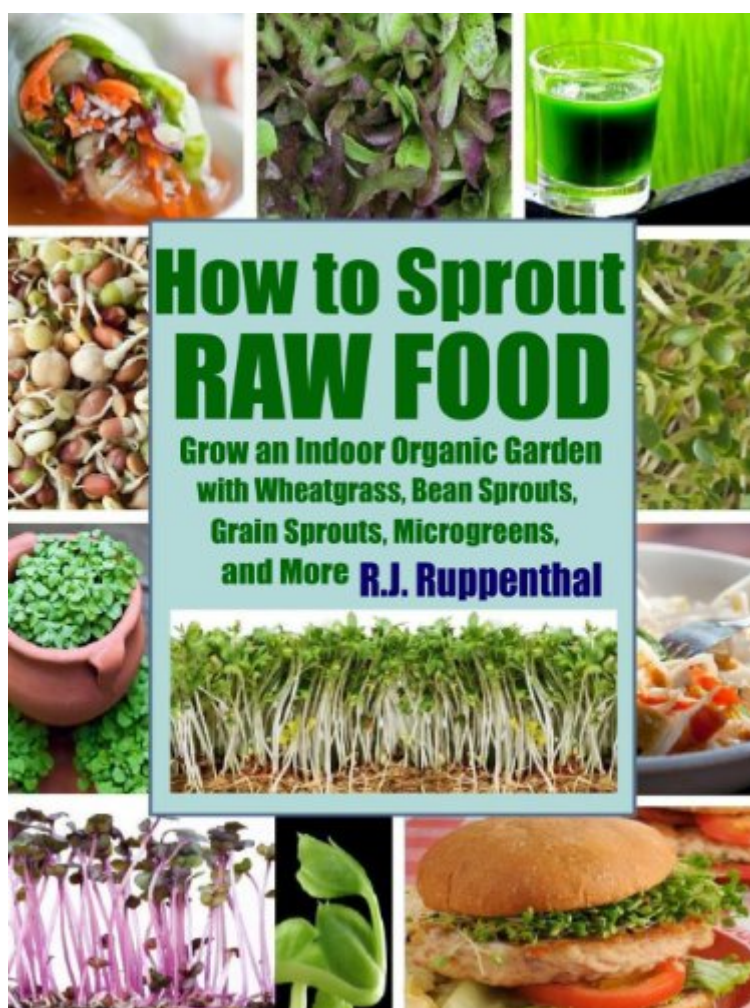


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# How To Sprout Raw Food: Grow An Indoor Organic Garden With Wheatgrass, Bean Sprouts, Grain Sprouts, Microgreens, And More



## 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 bowlfuls 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 another WONDERFUL resource book from author: R J Ruppenthal. I previously downloaded a couple of his other gardening books which I also liked very much. If you'd like to add more live green foods to your diet and want to grow sprouts and other types of raw foods at home, this is a kindle book you'll be referring to, again and again. The author not only provides clear, step by step instructions how to sprout various types of seeds, beans, grasses...he includes links to sprouters, seed companies and other products that he recommends to get started. I really appreciate that these were provided, making it so easy to find suppliers while reading through this informative

eBook. Only one thing that could have added to this book would have been the inclusion of a few recipes featuring some of the sprouted foods included. No big deal but perhaps something that the author could consider in another edition? HIGHLY recommended! Geraldine Helen Hartman, author of *The Groovy Green Kitchen: Weeknight Veggie Slow Cooker*

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 additional 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. :(

This is a pamphlet, not a book. The product description should let you know this. The information can help you get started with sprouting, but little more. I would not have made the purchase had I known in advance.

Got this little treasure free from kindle buffet and wasn't really expecting much. After reading it though, it turned out to be a neat little treasure trove of information on growing micro greens and sprouts. My children love to watch plants grow and the process of seed to table. I was really impressed with how put together this book is. Even if you're not going to eat the sprouts at that stage, it's still fantastic for the novice gardener. It will get you past the beginning stages of plant growth. Trust me, after reading this book, you can't mess up your mini garden. There are links to buy the right materials and everything else that you will need. Very happy with my purchase and am definitely happy I gave it a shot!! Recommend for anyone interested in growing sprouts for early consumption or anyone growing anything really. Walks you through the beginning stages of sprout growth, the most important part of planting! Great find!

The writer/publisher has it so locked up, you cannot even copy select portions of the information to create a chart or cheat sheet for yourself to hang next to the sprouts so you can coordinate the planting / harvesting timing for crop coordination.

Excellent product, great value for the item. I would recommend this to anyone.

This book was short, sweet and to the point.

To be honest, the book wasn't as helpful in growing sprouts as I thought it would be. I guess I was kinda disappointed. I will probably never try to sprout because the book didn't really have step by step directions on how to sprout WITHOUT a sprouter. I could probably get more info from the internet!

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Ultimate Beginner's Guide to Growing an Indoor Garden Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle Raw Vegan Cookies: Raw Food Cookie, Brownie, and Candy Recipes. (Healthy Recipes, Sweet Recipes, Healthy Desserts, Nutritious and Delicious Snacks, Cookies and Bars) The Sprouting Book: How to Grow and Use Sprouts to Maximize Your Health and Vitality Ivy and Bean (Book 4): Ivy and Bean Take Care of the Babysitter

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