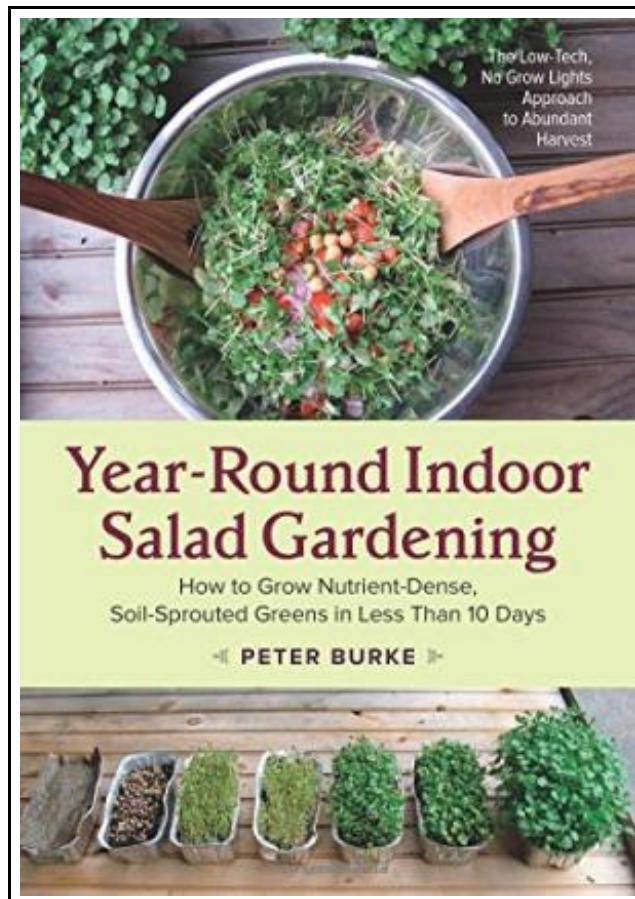


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## YEAR-ROUND INDOOR SALAD GARDENING: HOW TO GROW NUTRIENT-DENSE, SOIL-SPROUTED GREENS IN LESS THAN 10 DAYS (PAPERBACK)

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Chelsea Green Publishing Co, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book. The Low-Tech, No-Grow-Lights Approach to Abundant Harvest Year-Round Indoor Salad Gardening offers good news: with nothing more than a cupboard and a windowsill, you can grow all the fresh salad greens you need for the winter months (or throughout the entire year) with no lights, no pumps, and no greenhouse. Longtime gardener Peter Burke was tired of the growing season ending with the first frost, but due to his busy work schedule and family life, didn't have the time or interest in high-input grow lights or greenhouses. Most techniques for growing what are commonly referred to as microgreens left him feeling overwhelmed and uninterested. There had to be a simpler way to grow greens for his family indoors. After some research and diligent experimenting, Burke discovered he was right there was a way! And it was even easier than he ever could have hoped, and the greens more nutrient packed. He didn't even need a south-facing window, and he already had most of the needed supplies just sitting in his pantry. The result: healthy, homegrown salad greens at a fraction of the cost of buying them at the market. The secret: start them in the dark. Growing Soil Sprouts Burke's own descriptive term for sprouted seeds grown in soil as opposed to in jars employs a method that encourages a long stem without expansive roots, and provides delicious salad greens in just seven to ten days, way earlier than any other method, with much less work. Indeed, of all the ways to grow immature greens, this is the easiest and most productive technique. Forget about grow lights and heat lamps! This book is a revolutionary and...

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