



# Microgreens: A Guide To Growing Nutrient-Packed Greens

*Eric Franks, Jasmine Richardson*

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## **Microgreens: A Guide To Growing Nutrient-Packed Greens** Eric Franks, Jasmine Richardson

With simple instructions, Microgreens: A Guide to Growing Nutrient-Packed Greens by Eric Franks and Jasmine Richardson, shows readers how to grow their own little greens of arugula, basil, purple cabbage, chard, radishes, broccoli, cilantro, and more.

Microgreens teaches the easy process of how to plant and grow, as well as how to harvest little greens, which on average is about 2 weeks after sowing. Eaten alone, as a salad, or added to soups, entrees, sandwiches, burgers, or anything else, these tiny greens of nutrition will enhance everyday food and life!

Only a small amount of space is needed to grow microgreens?a porch, patio, deck, or balcony, indoors or outdoors, will do. This allows anyone to easily incorporate microgreens into their daily meals, and the greens' nutritional potency make them a must-eat in a healthy diet, any time of the year!



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