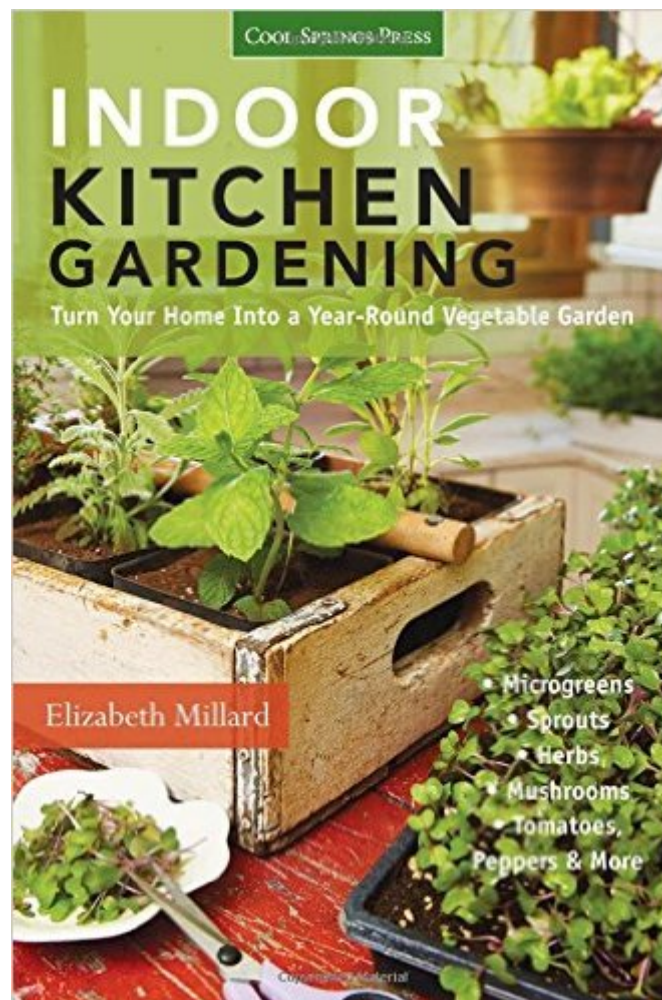


The book was found

Indoor Kitchen Gardening: Turn Your Home Into A Year-round Vegetable Garden - Microgreens - Sprouts - Herbs - Mushrooms - Tomatoes, Peppers & More





Synopsis

As featured in the New York Times and named to "Best Garden Books of 2014" by the Chicago Tribune it takes just a few dollars and a few days for you to start enjoying fresh, healthy produce grown indoors in your own home. Imagine serving a home-cooked meal highlighted with beet, arugula, and broccoli microgreens grown right in your kitchen, accompanied by sautéed winecap mushrooms grown in a box of sawdust in your basement. If you have never tasted microgreens, all you really need to do is envision all the flavor of an entire vegetable plant concentrated into a single tantalizing seedling. If you respond to the notion of nourishing your guests with amazing, fresh, organic produce that you've grown in your own house, condo, apartment, basement, or sunny downtown office, then you'll love exploring the expansive new world of growing and eating that can be discovered with the help of Indoor Kitchen Gardening. Inside, author and Bossy Acres CSA co-owner Elizabeth Millard teaches you how to grow microgreens, sprouts, herbs, mushrooms, tomatoes, peppers, and more-- all inside your own home, where you won't have to worry about seasonal changes or weather conditions. Filled with mouthwatering photography and more than 200 pages of Do-It-Yourself in-home gardening information and projects, Indoor Kitchen Gardening is your gateway to this exciting new growing method--not just for garnishes or relishes, but wholesome, nutritious, organic edibles that will satisfy your appetite as much as your palate.

Book Information

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Customer Reviews

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Indoor Kitchen Gardening is about creating a sense of play and nourishment. There's a certain thrill that comes with seeing seeds begin to pop into their first leaves, and if you're wearing your pajamas at the time, that excitement can feel doubled. Although there are some challenging projects wedged into these pages, much of the book is devoted to easy growing practices, so indoor gardening feels more like a fun journey than a daunting task. It doesn't matter if you're crammed into an urban apartment with one fern balanced on the fire escape or wondering how to use a lovely greenhouse space in your new farmhouse, anyone can use these simple tricks and techniques to develop garden abundance. Let the adventure begin!

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