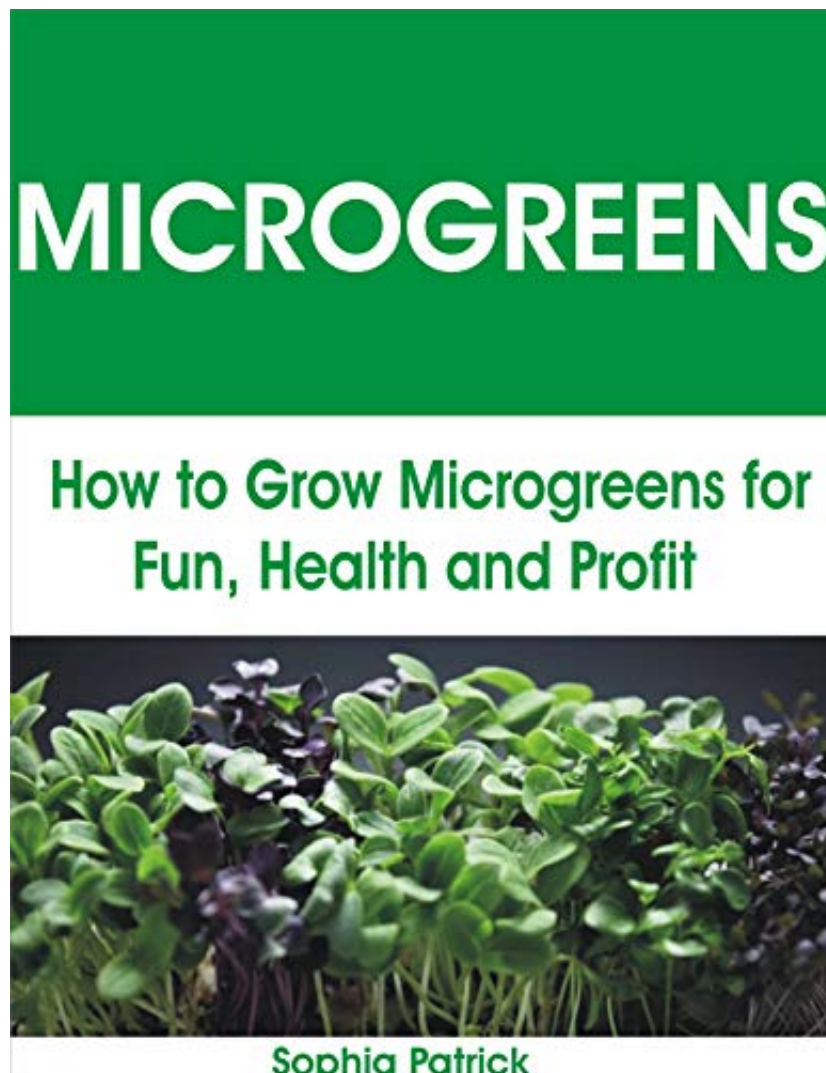


MICROGREENS: How to Grow Microgreens for Fun, Health and Profit

by
Viktor Vagon



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Synopsis

MICROGREENS How to Grow Microgreens for Fun, Health and Profit They have been around for years since the beginning of Californian restaurant in 1980s. They are also called micro vegetables or herbs, they are very sufficient in flavor and they add color to our meals. These greens are suitable for any diet, these greens are rich in nutrient than most mature vegetables, and these vegetables are about 1 to 3 inch tall. They are rich in nutrients and have aromatic flavor. Microgreens can be found in varieties of color and textures, these greens are harvested 7 to 21 days after you plant them. This book will guide you on what is microgreens, the health benefit of eating microgreens, the types of plant you can use for microgreens, the equipment you need to start growing microgreens, how to grow microgreens, the way to fix issues that affect microgreens, how you can harvest and store microgreens, the way you can market microgreens and many more are contain in the book. **Grab Your Copy Now**

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