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# Microgreens: A Guide To Growing Nutrient-Packed Greens

By Eric Franks, Jasmine Richardson

**Microgreens: A Guide To Growing Nutrient-Packed Greens** By 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!

*Microgreens features instructions on how to grow all sorts of microgreens, including:*

- *Amaranth*
- *Arugula*
- *Basil*
- *Beet*
- *Broccoli*
- *Celery*
- *Chard*
- *Cilantro*
- *Cress*
- *Endive*
- *Mustard*
- *Pac Choi*
- *Pea*
- *Purple Cabbage*

- *Radish*
- *Tokyo Bekana*



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

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### Editorial Review

From the Inside Flap

MICROGREENS

A GUIDE TO GROWING NUTRIENT-PACKED GREENS

Recognized as some of the most nutrient-dense greens available, those tiny leaves known as ≈microgreens<sup>2</sup> are packed with big flavor. And now, with simple instructions, you can grow your 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 the little greens, as well as how to harvest—which on average is about 2 weeks after sowing. And the small amount of space needed to grow microgreens—a porch, patio, deck, windowsill, or balcony—allows them to be easily incorporated into daily meals. The greens' nutritional potency make them a must-eat in a healthy diet.

Eaten alone as a salad or added to soups, entrees, sandwiches, burgers, or anything else imaginable—these tiny greens will enhance everyday food and life.

Eric Franks' interest in agriculture began after meeting and apprenticing under farmers Tim and Fabienne Rapsey on their Biodynamic Farm in Kimberton, Pennsylvania.

Jasmine Richardson grew up bi-coastally, spending winters in Pennsylvania and summers in California.

Raised by gardeners, she has always loved plants.

Eric and Jasmine currently reside on the Oregon coast, where they own a small microgreens business, True Leaf Microgreens.

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Back cover (top, center) © 2009 Sara Remington

From the Back Cover

Learn how to plant, grow, and harvest the most nutrient-dense greens available in pots or trays on your porch, patio, deck, balcony, or windowsill.

About the Author

Eric Frank and Jasmine Richardson reside in Big Sur, California, where they own Microcosm Microgreens.

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### Users Review

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**Viola Hassell:**

Why don't make it to become your habit? Right now, try to prepare your time to do the important act, like looking for your favorite book and reading a e-book. Beside you can solve your short lived problem; you can add your knowledge by the e-book entitled Microgreens: A Guide To Growing Nutrient-Packed Greens. Try to the actual book Microgreens: A Guide To Growing Nutrient-Packed Greens as your friend. It means that it can to get your friend when you experience alone and beside regarding course make you smarter than previously. Yeah, it is very fortunated for you. The book makes you far more confidence because you can know anything by the book. So , we need to make new experience and also knowledge with this book.

**Lisa Bentley:**

With this era which is the greater man or who has ability to do something more are more treasured than other. Do you want to become one of it? It is just simple strategy to have that. What you need to do is just spending your time little but quite enough to possess a look at some books. On the list of books in the top list in your reading list is usually *Microgreens: A Guide To Growing Nutrient-Packed Greens*. This book which can be qualified as *The Hungry Hills* can get you closer in growing to be precious person. By looking way up and review this guide you can get many advantages.

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