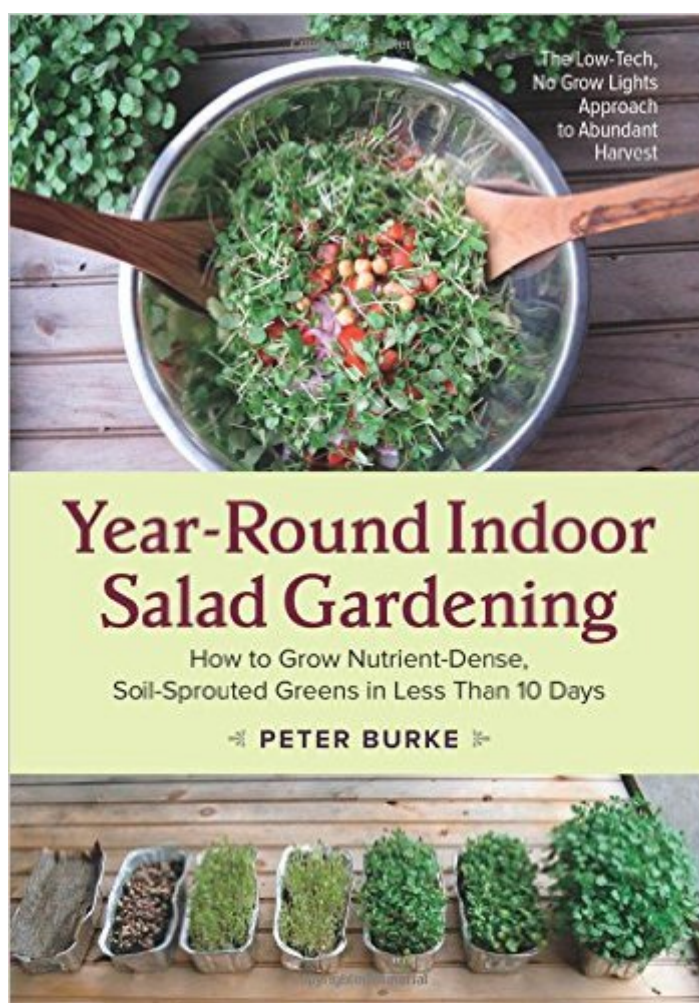


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# Year-Round Indoor Salad Gardening: How To Grow Nutrient-Dense, Soil-Sprouted Greens In Less Than 10 Days



## Synopsis

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 inviting guide for both first-time and experienced gardeners in rural or urban environments. All you need is a windowsill or two. In fact, Burke has grown up to six pounds of greens per day using just the windowsills in his kitchen! Year-Round Indoor Salad Gardening offers detailed step-by-step instructions to mastering this method (hint: it's impossible not to succeed, it's so easy!), tools and accessories to have on hand, seeds and greens varieties, soil and compost, trays and planters, shelving, harvest and storage, recipes, scaling up to serve local markets, and much more.

## Book Information

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## Customer Reviews

This book was very timely because it is now the fall and my garden won't have many more weeks of growth before winter sets in. It was to the point, easy to understand, easy to implement--he's covered everything! He also has taught this as a course, so it has been refined along the way. I'm going to do this this fall because I can't stand the thought of going back to supermarket greens after eating from my organic garden. Even if you have never grown anything to eat before, get the book and follow it to the letter (easy). You'll be glad you did! JD-Phila, Pa.

Thanks to this book I have been filling my salad plate with home grown soil sprouts. I am not a green thumb in any way but I've grown several batches of beautiful sprouts simply by following the directions in this book. The pictures add so much to the instructions.

I really appreciate this straightforward guide to growing your own salad green sprouts. I have wanted to grow salad greens indoors for quite a while but I didn't want to deal with the trouble of having to set up lights and the long wait from seed to salad. I find the salad green sprouts to be the perfect fit for what I want because they grow quickly with only the light from a window. They taste delicious and are much easier to grow indoors than salad greens. This book does a great job of going over all the details of growing indoor salad sprouts as well as describing what seed varieties are best for sprouts. It's totally worth buying if you like the idea of growing your own sprouts! I spend about 10-15 min a day preparing my salad green sprouts (you plant new pans every day so you have a daily supply), and it's really as easy as the book describes.

I LOVE THIS BOOK!!!! . I am planning to go commercial, as I need supplementary income badly, and this is the ticket. From fearful of my financial future, I am feeling calm and confident! Mr. Burke is so completely thorough about every aspect of this NEW (to me) craft that I am amazed he missed one very small point. You plant a teaspoon, or a table spoonful of seed, but the sellers give you

packets with 100 or 200 seeds, or ounces or pounds of seeds, and I don't know how many tablespoons of sunflower seeds are in a half pound of seed. I'll figure this soon enough. I will make myself a chart of seed sizes, quantities, and weights, I guess. But, after all, this book is utterly fantastic! It is so complete that I feel rotten about complaining. There are no other books about this sure fire method. Buy this book, it could change your life! It did mine.

In addition to being an outdoor organic gardener for over 40 years from Central America to Alaska, I have done sprouts in jars using a rinsing method, and I have grown micro greens in winter in standard seed flat trays. Peter Burke's soil sprouting method is infinitely superior to the jars, and it is faster in terms of usable veggies than micro greens. I suspect the result is not as nutrient dense as the micro greens, but it is clearly a very valuable growing technique since it requires much less time, space and light. I purchased and read the book about three weeks ago. It is well written and reflects the author's long term thought and experimentation with his subject. The illustrations are great. I determined to bow to his obvious wisdom and follow his instructions exactly as written. As a result we have enjoyed large quantities of kale, sunflower, and broccoli sprouts in salads and smoothies for not quite two weeks. What will I change? I am not going to use the aluminum baking pans long term because of concerns of toxicity and cost of replacement. But the SIZE of the pans is perfect. The soil depth is needed to keep things from drying out, and the quantity of one variety produced in the pans is just right for two of us. Also, since I have a soil heating mat, I'm trying some bottom heat to get more uniform sprouting, but the sprouts are fine without the heat mat. One reason I believe the microgreens are more nutrient dense is they grow longer, about three weeks total, and have more time to begin taking up nutrients in my soil mix. I did add the thin layer of compost and kelp meal under the peat moss and vermiculite as Peter directed, but I'm wondering if the soil sprouts are metabolizing any of those nutrients or just utilizing the seed resources. If the latter is the case, the quality of the seed alone would determine the nutrient density of the soil sprouts. I'm going to grow some controls without the kelp and compost and see if there is any visible difference. Perhaps the author is aware of some chemical analysis done of sprouts that would answer the question? Eliot Coleman describes somewhere the French market gardeners who placed a clump of inverted sod under cucumbers to rot and enhance fertility. I will save the root mass, soil, compost and kelp "brick" left over after harvest for that same purpose. Finally, I think the method is a wonderful addition to our personal resiliency. A bag of sunflower seeds in storage could yield enormous quantities of fresh vegetables any time of the year in a pinch. Thanks Peter Burke!

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