



# The Complete Guide to Growing and Using Sprouts (Back to Basics Growing)

*Richard Helweg*

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Sprouts have been a happy addition to many sandwiches, noodle dishes, and side plates at restaurants for decades, and when they are properly grown at home, they can add a much needed boost of both plant protein and fiber to your diet. However, knowing how to properly grow sprouts so that they both thrive and successfully produce year after year can seem like a complex process in many cases if you don't have the necessary resources to successfully grow them at your disposal. Knowing where they grow, the proper temperatures for cultivation, and the many uses they serve are all necessary steps to being successful in growing sprouts.

This book was written with all of these details and many more in mind, guiding you through the complex process of adding a new plant to your garden. You will learn how to take advantage of the core benefits of sprouts, starting with how to recognize the various types of sprouts and what they do for your body. You will learn how they compare to other top super foods and vegetables and how to effectively use them to fight cancer, boost your mineral and vitamin intake, increase your raw food intake, cleanse the blood, improve liver function, and generally feel better.

Learn how to start growing and juicing your own sprouts as well, using your home, greenhouse, or garden as a source of daily nutrition and a boost to your body. You will read interviews from top nutritional experts and sprout growers who share their experiences and insights into how sprouts can benefit nearly anyone. As an added bonus, you will benefit from dozens of top recipes that help you utilize your sprouts in foods that best take advantage of their high nutritional content, while bolstering their taste and texture. For anyone who has ever considered growing and adding sprouts to their diet, this book will be a much needed resource.

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