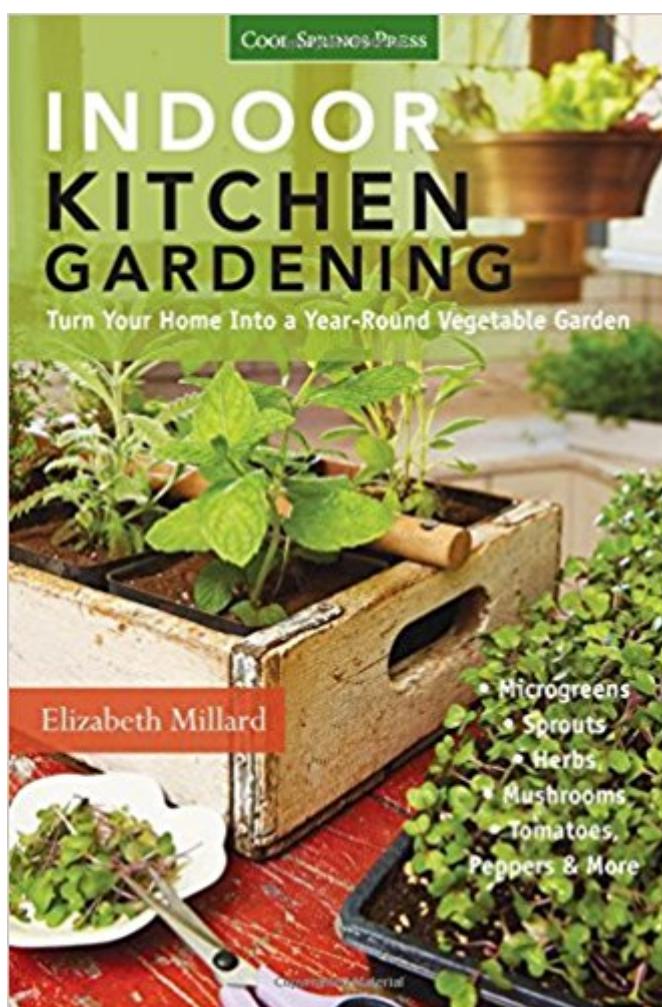


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# Indoor Kitchen Gardening: Turn Your Home Into A Year-round Vegetable Garden - Microgreens - Sprouts - Herbs - Mushrooms - Tomatoes, Peppers & More





## 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 sautÃ©ed 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

Paperback: 224 pages

Publisher: Cool Springs Press; Third edition (June 15, 2014)

Language: English

ISBN-10: 159186593X

ISBN-13: 978-1591865933

Product Dimensions: 6.1 x 0.6 x 9.1 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 45 customer reviews

Best Sellers Rank: #202,725 in Books (See Top 100 in Books) #51 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > House Plants #91 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Herbs #134 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Technique > Organic

## 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!

"Well-written, clearly illustrated and full of personality...a great choice for gardeners who want to grow more inside or who just want to learn about it." - Northern Gardener

Elizabeth Millard is the author of Indoor Kitchen Gardening, which focuses on practical tips for growing herbs, vegetables, and fruits in indoor settings. She and her partner, Karla Pankow, also own Bossy Acres, a 100-member community supported agriculture farm in Minnesota that provides seasonal produce to members and area restaurants in an effort to build a strong and sustainable local food system. Millard often leads workshops on vegetable and herb gardening as well as herb preparation, fermentation, and cooking with seasonal ingredients. As editor of local sustainable food site Simple Good and Tasty, she encourages readers to connect with the state's abundance of organic growers, ranchers, food artisans, nonprofit agencies, and each other, forging a stronger food landscape. In addition to farming, teaching, and editing, she has contributed articles to Hobby Farm Home, Experience Life, and Urban Farm magazines, along with many other publications. She and Karla live in south Minneapolis with their two impossibly spoiled dogs, Iggy and Ruthie Mae.

I love this book! She covers everything, from planning, implementing, planting, maintaining, harvesting and troubleshooting. She covers microgreens, sprouts, wheat grass and vegetables like carrots, beets and even potatoes! She also shares her failures and mistakes without dwelling on them. Besides all this great info, she is a fun read. This is a hands on book and I would recommend it to anyone interested in growing food inside.

This is a great book! I am not a beginner of outdoor gardening, but I am of indoor gardening. This

book covers all the topics I was questioning and more that I didn't even know to ask. The best part is that it is written with information you will actually use. It shows you to use what is around you already without buying a lot of equipment. Also, there are no instructions for growing starfruit and persimmons, this book does not waste space giving information on things the average home won't be growing. It is little but mighty and is written with some humor. A good read.

I bought this book after I borrowed my daughter's copy and tasted the pea sprouts and broccoli sprouts she has been growing. They are delicious and help us to eat organic and local even in the winter in New England. I already have light stands, and am very excited about starting sprouts in a few days. I have read most of the book, and love how specific the directions are. Our daughter has been growing several different veggies as microgreens, and knowing how much they cost in the store, growing my own will cost less, be fresher, and tailored to what I want to eat!

Just what I was looking for! Practical, honest without being either misleadingly optimistic or discouraging. What a relief - you get so tired of book titles sounding helpful, only to buy them and finding them promising 'you too can grow avocados in your basement', or telling you 'of course, you need umpteen dollars worth of special equipment, and even then, you'll probably fail.' This book has a realistic outlook and down to earth directions. I've been experimenting with growing green onions and salad greens inside for the past year with some success; this book has allowed me to fine-tune and expand my efforts, and coordinates with my container-growing of salad greens/onions outside during warm season.

This book is great. The authors are quirky and personable, and make all of the information very easy to learn. They have tried everything in the book a few different ways, and give you the details on which does better in what scenario. Very knowledgeable, informative and easy to understand with tons of pictures and step-by-step instructions. It also has a great amount of resources, and gives you a lot of "popular" foods to try with great descriptions of flavor in case you have never tried them.

Pretty basic. Not as informative as I'd hoped. More for growing herbs, micro greens and small stuff.

Good product... good transaction :>

Clearly written, accessible guide to indoor kitchen gardening with useful information on grow lights. Would have liked more information on small, household hydroponics. This book makes clear that growing many vegetables indoors is no more complicated than growing other indoor plants.

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