



# Microgreens: How to Grow Nature's Own Superfood

*Fionna Hill*

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**Microgreens are the first true leaves of herbs and vegetables -- and today's hottest gourmet garnish.**

*Microgreens* is a practical guide to growing arugula and other popular mini-greens that offer a multitude of colors, textures and distinct flavors, as well as high levels of concentrated active compounds. Microgreens pack a powerful nutritional punch, are easily grown in containers as small as a bowl and can be ready to harvest in a week, giving quick rewards for the effort.

Fionna Hill offers expert guidance on successfully growing, harvesting and preparing the 20 most popular microgreens, including arugula, beet, kale, radish, wheatgrass and basil. Her comprehensive instructions explain which containers and growing media to use, how to prepare and sow the seeds, when and how to harvest and how best to store the bounty.

The book also includes 15 easy recipes that make the most of microgreens, including:

- Raw energy salad
- Spicy Asian salad
- Stuffed mushrooms
- Curry vinaigrette
- Frittata

*Microgreens* brings fresh, nutritional gourmet produce to the dinner table and is as an ideal choice for health-conscious home cooks and those following a 50-mile diet.

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