



## Sprouts: Live Well with Living Foods (Paperback)

By Ian Giesbrecht

Microcosm Publishing, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Want to enjoy delicious, homegrown food year-round? Sprouts offers an accessible, holistic, and unique guide to incorporating microgreens and sprouted foods into any lifestyle. In the modern age, many of us crave a healthier, simpler diet and a closer connection to our food sources, and sprouting can help us to bridge those divides. Farmer and food activist Ian Giesbrecht's straightforward and easy-to-understand theory of sprouting is accompanied by practical instructions, illustrations, charts, and recipes, covering many types of seeds and styles of sprouting. Suitable for anyone with an interest in living and raw food diets, indoor gardening, or simply the joy of growing something, this book contains enough information and inspiration to get you sprouting for a healthier, happier life.

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