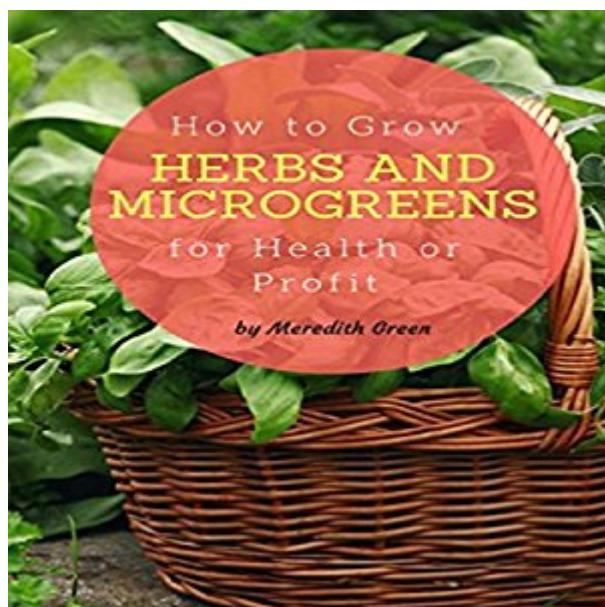


The book was found

# How To Grow Herbs And Microgreens For Health Or Profit: Make Money Growing Herbs And Microgreens Indoors



## **Synopsis**

Today the trend is toward eating healthier. A person also needs to consider what chemicals are used to grow their food. You can quite easily grow your own herbs and microgreens no matter how much space you have available. Some microgreens contain up to 40 times more nutrients. Not only can you grow these for yourself but with such a high demand many people are making a full-time living selling their bounty for profit. This book contains information to help you make the most of your space and start your indoor garden. Whether for healthy living or for profit this book will help you on your journey.

## **Book Information**

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## **Customer Reviews**

This is a really bad book. The author and or editor needs to spend more time refining this book. Repeated same sentences on the same page on more than one occasion, felt like a was reading a fill in the blank kids story about gardening. Totally 73 pages all the information in this book is easily gathered on the Internet in just over an hour worth of reading. Then, didn't seem like she had any real experience, say things like, "below is a list if herbs and microgreens and what they may need to grow healthy." Using the word may is why she seems to have little personal experience. In the herbs section each herb is said to be marketable, but no information is given as to wholesale or retail price per oz or lb. No statistics about how much a grower or the author may earn per plant or per square foot or per hour. Finally, in the Microgreens chapter she list sprouts. Well sprouts are not microgreens. Sprouts are not planted in soil, sprouts are harvested in 3-5 days instead of 10-12 days. Stopped wasting my time in the middle of chapter 3 about microgreens. Please don't waste

yours.

I purchased this book because I wanted to start growing my herbs at home. I found that the "fresh" herbs from the store are not so fresh. I prepare most of my meals from scratch therefore I don't like to cut corners. Not only did I get many tips on proper lighting and watering, I got many cost savings ideas of how I can plant my herbs.

good info

The book seemed more like an article on the web. One problem was trying to talk about both herbs and microgreens. In some cases, they were very different, so it felt like it jumped around. I had to pay attention to which one I was reading about.

Very helpful... I'm into gardening now and this books help me a lot

Great!

This is an informative book and I found it very useful. I am interested in eating healthy but it would be great for someone who wanted to start a business. All the information is in there that you need. You can start any time of the year and with only a small amount of space. She tells you how.

Excellent resource for those looking to expand their knowledge base on Herbs and Microgreens. Very useful would highly recommend it to anyone with interest in this field!

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