Sprouts
Live Well with Living Foods

by Ian Giesbrecht

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.

SUBJECT: Cooking / Health / Gardening
PUBLICATION: September 13, 2016
PRICE: $9.95
ISBN: 978-1-62106-491-6
FORMAT: 128 pages, 5.25x6.75"
CARTON QTY: 64
ART: b/w illustrations throughout, 1 chart

Marketing Notes
1. Sprouts and microgreens are recommended for a wide range of diets and medical conditions
2. Measurements for recipes are provided in metric and imperial units

Comparative Titles
• Wild Fermentation Sandor Ellix Katz
  9781934620175 (Microcosm) $6.95, 2001 (45,000 sold)
• Homestew, Homemunch Robyn Jasko
  9781934620106 (Microcosm) $9.95, 2012
• Everyday Cheesemaking K. Ruby Blume
  9781621065920 (Microcosm) $11.95, 2014
• Rawmazing Desserts Susan Powers
  9781634502597 (Skyhorse) $14.99, 2016

Ian Giesbrecht is a farmer, food activist, and lover of Mother Earth. Originally from Canada, he has traveled widely, gleaning food wisdom from many different cultures. He now makes his home in Taos, New Mexico, where he sells microgreens and volunteers at the local food co-op.

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