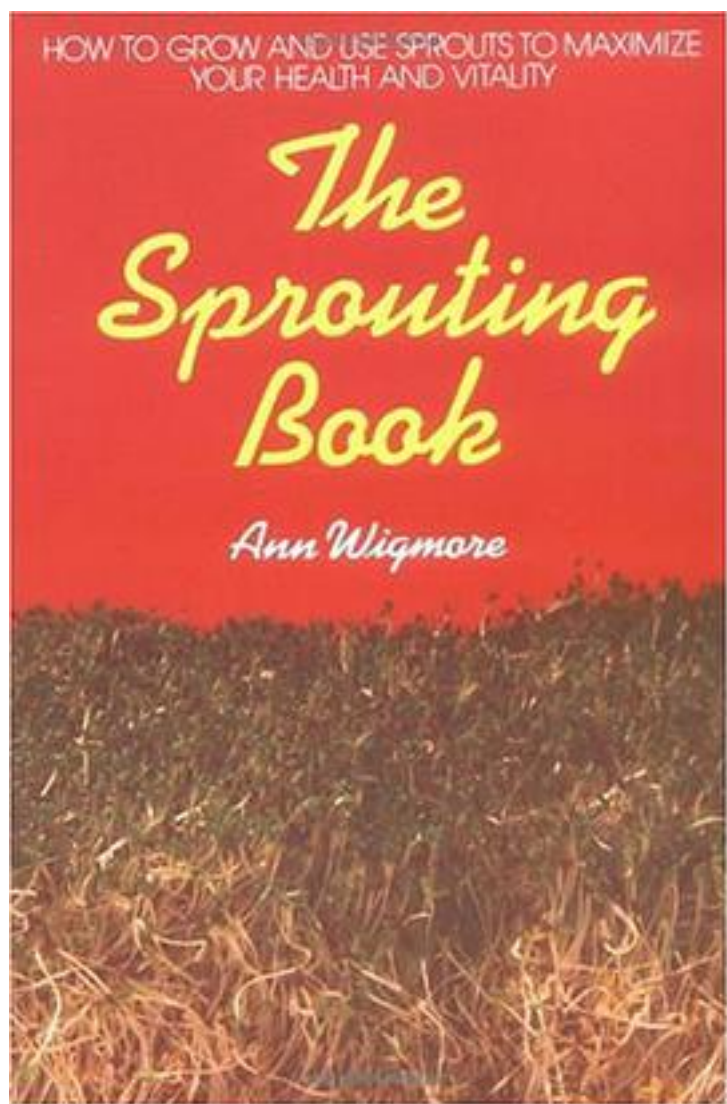


# The Sprouting Book



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著者:Wigmore, Ann

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Written for everyone who is interested in good nutrition at a low cost and with great taste, this highly practical and fully illustrated book provides readers with all the information necessary to start and maintain an indoor sprout garden. The book discusses a wide variety of sprouts and sprouting methods, explains the sprouts importance in a healthy diet and presents a wealth of simple and delicious recipes.

作者介绍:

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