

## The Sprouted Kitchen A Tastier Take On Whole Foods Sara Forte

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### The Sprouted Kitchen A Tastier

Depending on the time of year, different mushrooms may be successfully sprouted within smart grow units. Medicinal and gourmet mushrooms may be grown, and maybe sun-dried to increase their shelf ...

### Indian Students Create Soil-Less Farming Technique That Uses 95% Less Water

What's more, you can raise this "garden" anytime and anywhere . . . in your own kitchen, crossing the country ... you produce will be many times tastier, much more nutritious and far less ...

### How to Grow Sprouts

Produce from volunteer plants is often bigger and tastier than are intentionally cultivated crops. After all, the plants have sprouted where they want to grow, as opposed to where you want them to.

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