

Enjoy delicious sprouts and microgreens at home

Sprouts

Live Well with Living Foods

by Ian Giesbrecht

“Sprouts: Live Well with Living Foods is a helpful, well-researched, guidebook for those looking to not only dive into the world of sprouting and microgreens, but also have an understanding of the impact of their food. Giesbrecht reminds us that in order to eat well, both for ourselves and the world around us, we have to start thinking small. Because from the smallest seed, life can grow, and from the smallest change in our everyday actions, we can have a wider impact.” —Anna Brones, author of *The Culinary Cyclist* and *Fika: The Art of the Swedish Coffee Break*

“Beware of reading this book: It may fundamentally change your diet as you know it! Through well presented nutritional facts, science, images and mouthwatering recipes you’ll gain an understanding of the values of the simple things in life such as seeds...and how to eat them! Ian is a walking encyclopedia and an inspiring educator.” —Max Vittrup Jensen, *PermaLot Center of Natural Building*

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

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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)
- *Homesweet, Homegrown* 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.

A small, innovative publishing house, **Microcosm Publishing** specializes in work designed to make the reader feel good about being alive, take an active role in bettering their life, and impact the world around them. Microcosm has developed a reputation for teaching self-empowerment, showing hidden histories, and fostering creativity through challenging conventional publishing wisdom with books and zines about DIY skills, food, politics, and art.

SPROUTS
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