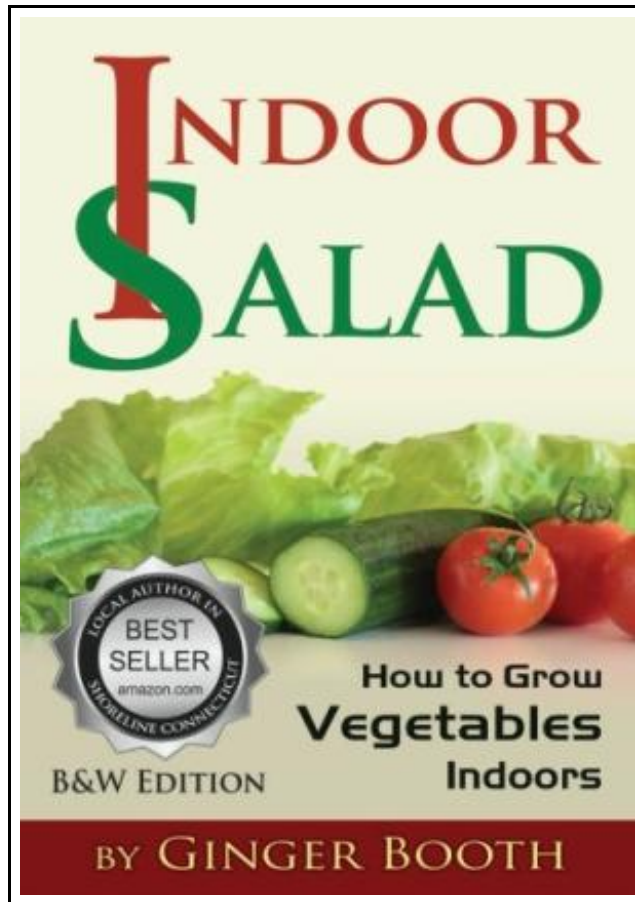


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INDOOR SALAD: HOW TO GROW VEGETABLES INDOORS, BW EDITION (PAPERBACK)



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Createspace, United States, 2015. Paperback. Book Condition: New. 250 x 172 mm. Language: English . Brand New Book ***** Print on Demand *****.What Do You Really Need to Grow Vegetables Indoors? You've seen systems for \$200, others for \$500, expensive lighting solutions and hydroponic claims. Indoor Salad puts these technologies and more into perspective, and you into the driver's seat. The practical crops to grow indoors are the salad crops we eat fresh - lettuce, brassicas like kale and salad greens, herbs, cucumbers, beans, peppers, and mouth-melting tomatoes. Starting from what those crops need, Indoor Salad explores technologies to meet those needs - from the humble CFL light bulb to hydroponics. Get growing today with do-it-yourself projects for the craftsy. Or buy ready-made systems with confidence. Hydroponics and potting mix - when to use which Organic and inorganic options Best grow projects for kids Seed-starting indoors 4 types of crop plant needs 7 lighting technologies 9 DIY projects include the author's own inventions 11 crops detailed with proven indoor varieties Are you an urban gardener disappointed by your harvests? An Aerogarden owner suffering tomato heartbreak? A container gardener who wants to take it year-round? A black thumb that yearns to be green? Stubbornly insist that growing your own should cost less than the farm market? Bemused or offended by the price tags on indoor grow systems? Believe all kids should know how to grow food? Simply want to eat good food, bite into a tomato and mayo sandwich, bursting with rich flavor and no pesticides? Me, too. Whether you're an indoor gardening novice, or an experienced vegetable gardener seeking to up your game, read this engaging, skimmable book. You'll soon be busy gardening and eating the fruits of your efforts - year round, no matter...



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