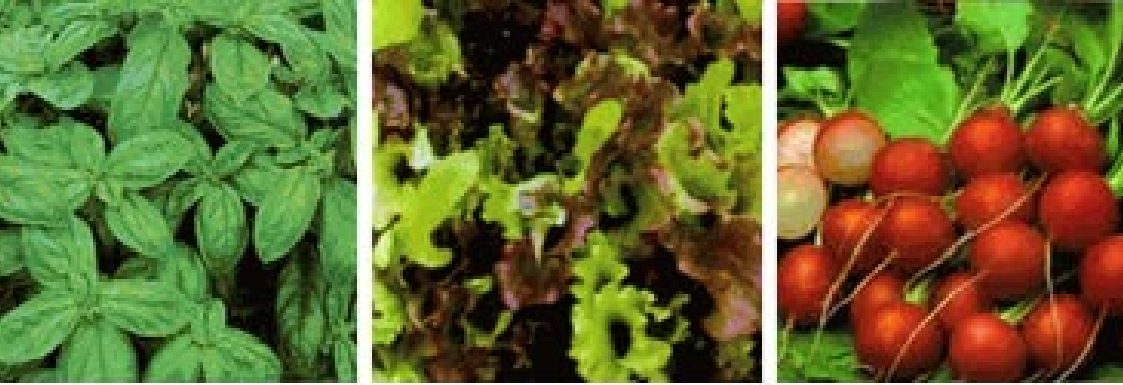


**How to Grow
Ingredients
for a Salad
Year Round**

**EVEN
IF YOU
DON'T HAVE
A YARD**

Peter
Burke





This method can be used for an apartment or a small house

Grow

sunflowers, peas, radishes, buckwheat and other superfood sprouts

Where to find seeds - online

www.highmowingseeds.com

www.johnnyseeds.com

www.handypantry.com



These plants can be grown in any window sill. Not much room is required and no high temperature necessary. Northern exposure or southern exposure can be used.



Items required

- 6" x3.5" bread pans
- Seeds
(sunflowers, peas, radishes, buckwheat)
- Soil - standard germination mix
- Water
- Window sill

INSTRUCTIONS

#1

Soak the seeds for
6-24 hours.

#2

Drop the sprouted
seeds into the soil.
Put a wet piece
of newspaper on top
of the sprouted seeds.

INSTRUCTIONS

#3

Put the pans in
a dark place for 4 days
(cupboard or closet).
No watering for 4 days.

#4

After 4 days,
put the pans
on a window sill.

INSTRUCTIONS

#5

Start watering
after 4 days,
once per day.

#6

Harvest in 4-6 days.
Cut the plant
about 1/2 inch
above the soil.

INSTRUCTIONS

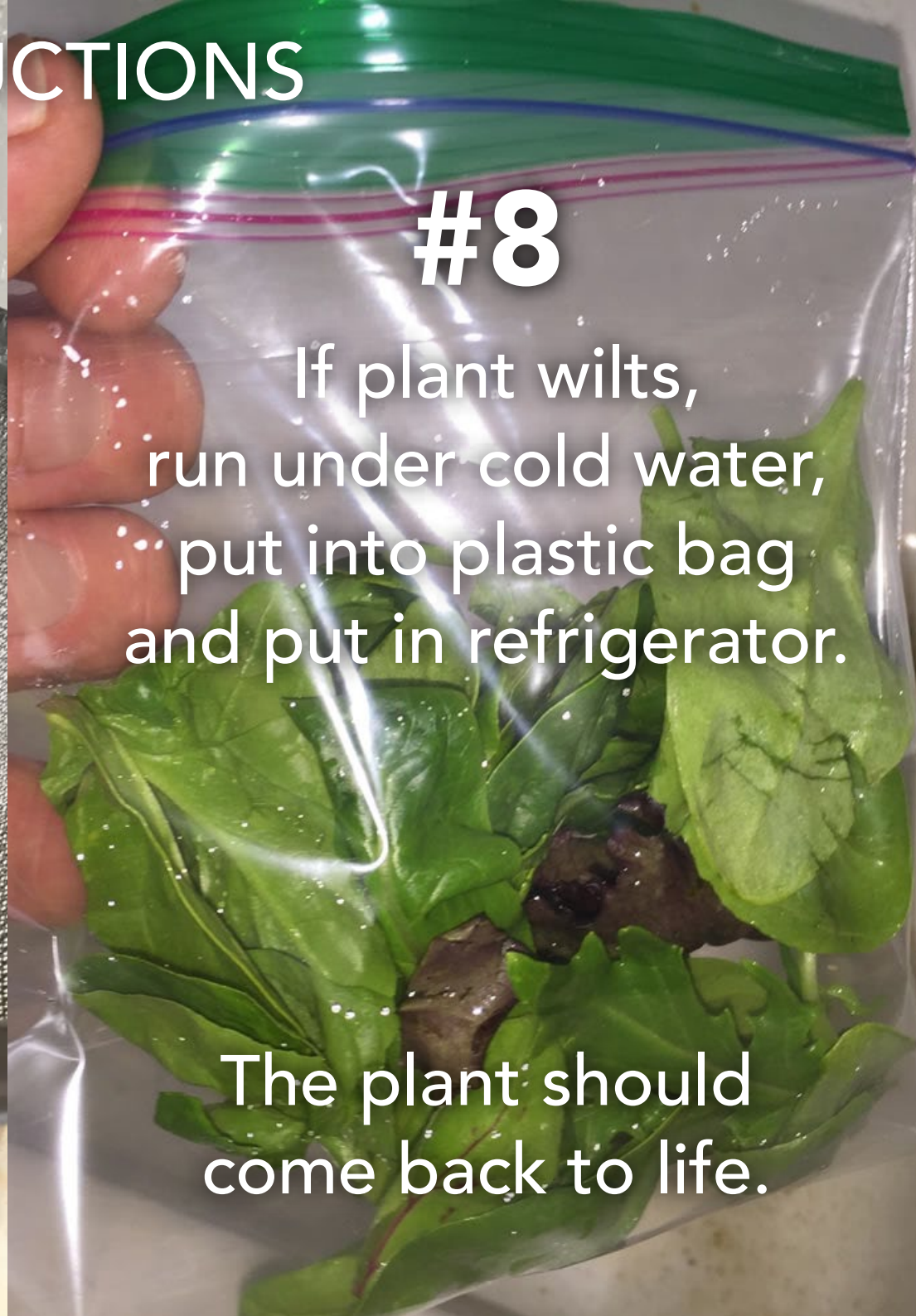
#7

Rinse plants
with water



#8

If plant wilts,
run under cold water,
put into plastic bag
and put in refrigerator.



The plant should
come back to life.



The Low-Tech,
No Grow Lights
Approach
to Abundant
Harvest

Year-Round Indoor Salad Gardening

How to Grow Nutrient-Dense,
Soil-Sprouted Greens in Less Than 10 Days

✿ PETER BURKE ✿



If you want more from
Peter Burke check out
his book called

Year-Round Indoor Salad Gardening

at this link

<http://amzn.to/29bQx4W>

Inspired by our Urban Farm
Podcast interview with Peter Burke

Listen at

[http://www.urbanfarm.org/
blog/2016/01/05/peter-burke/](http://www.urbanfarm.org/blog/2016/01/05/peter-burke/)