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www.MarkBraunstein.ORG
&
www.MicroGreenGarden.com

USA & Canada SOURCES for
Microgreens & Sprouts
SEEDS & NEEDS

by Mark Mathew Braunstein

January 2020 edition

This is the expanded and updated and clickable
SOURCES chapter of **SPROUT GARDEN**
& **RESOURCES** link of **MICROGREEN GARDEN**

ALL LINKS LIVE as of January 2020
Updated **2020** & posted at:

www.MarkBraunstein.Org/sprout-garden

&

www.MicroGreenGarden.com/free-pdfs



While even the finest books on sprouting go out-of-print, still more transitory are the companies that specialize in sprout and **microgreen** seeds and supplies. For every printing of *Sprout Garden*, the *Sources* chapter was revised and updated, else the listings quickly go stale and obsolete. You need not to invest in the latest editions just for the *Sources* chapter, because here it is.

Upon publication of *Microgreen Garden*, I did not list in that book any *Sources* chapter, but instead refer readers directly to my website for this PDF.

And same here as in previous editions of this PDF, companies that stock other books on growing sprouts or microgreens but not *Sprout Garden* or *Microgreen Garden* are still listed here. **I list vendors solely on their merits.**

Nor do I accept any “affiliate marketing” from any of the websites listed here. If you click on links here and purchase from these vendors, I receive no compensation whatsoever. Again, I list vendors solely on their merits.

May your future be filled with sprouts and bountiful with microgreens!



Microgreens & Sprouts SEEDS & NEEDS from Garden Seed Suppliers

Mail order sources for **gardening and farming** seeds number in the hundreds, but only a handful offer **untreated** seeds in bulk quantities. For purposes of sprouts and **microgreens**, “untreated” (or “organically grown,” which by definition means also “untreated”) and “bulk” are the crucial criteria.

Unless their catalog states otherwise, gardening seeds are routinely treated with fungicides and sometimes insecticides. That poses little health risk to humans if the seed starts small, if the plant grows big, and if the growing season stretches long. For sprouts and **microgreens**, however, beware! (And even from untreated seeds, the sprouts of tomatoes, eggplant, and peppers are toxic.)

Cost is always a consideration. Small packets suffice for gardeners tending a single row all season long in their backyards, but for sprout folks that’s enough for only a single container for one cycle on a windowsill. So seek bulk quantities by the kilo or pound. That levels the planting field to few sources. Though not always organically grown, their seeds will expand your repertory into a preponderance of sprouts and **microgreens**.

Indeed, please pardon my professing my personal preferences, but I feel more confident purchasing seeds for **microgreens** from garden seeds sources rather than other sources, because despite the higher costs for documentation I value and appreciate printed statements of:

- 1) CULTIVAR name
- 2) DATE of harvest (rather than misleading Date of Packaging)
- 3) GERMINATION rate
- 4) ORGANIC certification
- 5) BOTANICAL name
- 6) COUNTRY of ORIGIN, if imported

I have not ordered from all the garden seed suppliers listed here. But if I did order from companies that did not list harvest dates or cultivar names in their catalogs or on their seed packets, I banished them from this list. Worse, one of them designated its dozen or more cultivars of single species as all of them being ideal for microgreens, when in fact only a few of their cultivars were, about which I speak from direct experience. So that fraudulent company, too, has been banished from this list.



Johnny's Selected Seeds

955 Benton Av, Winslow, ME 04901
(877) 564-6697, (207) 861-3902

www.johnnyseeds.com

Seeds for sprouts and for **microgreens**, many organic, all in bulk quantities. In its other vegetable categories, unless noted with a "T" (for "Treated") in the order number, rest assured that all its seeds are untreated, but still you should specify that you want only untreated seeds. (Check coupon websites for free shipping offers)

Seeds (65 or more total !!!) for **microgreens** : <https://www.johnnyseeds.com/vegetables/microgreens/>

Seeds for sprouts at: <https://www.johnnyseeds.com/vegetables/sprouts/>

Seeds for shoots at: <https://www.johnnyseeds.com/vegetables/shoots/>

True Leaf Market

Salt Lake City, UT 84115
(866) 948-4727

www.trueleafmarket.com

A conglomeration of two companies formerly called Growing Microgreens and Mountain Valley Seed. A source for sprouts and **microgreens** seeds from 1 oz to 25 pounds (!), but few organic. While the seeds do NOT always list harvest date or germination rate as do all garden seed suppliers, my experience with their seeds has been satisfactory. The seeds are packaged in airtight plastic sleeves that are better than those from most garden seed suppliers, so you can refrigerate the seeds without the need to move them into glass jars. Also kits, soil and hydroponic growing supplies, LED grow lights, and books, including my own.

Seeds for **microgreens** at:

<https://www.trueleafmarket.com/collections/microgreens-kits-and-supplies>

Seeds for sprouts at: <https://www.trueleafmarket.com/collections/wholesale-sprouting-seed>

Microgreen Garden at:

<https://www.trueleafmarket.com/products/book-microgreen-garden?variant=40608974088>

Sprout Garden at:

<https://www.trueleafmarket.com/sprout-garden-growers-guide-book-mark-braunstein>

High Mowing Organic Seeds

76 Quarry Rd, Wolcott, VT 05680
(802) 472-6174

www.highmowingseeds.com

ALL ORGANIC (so all untreated) seeds, a variety nearly as great as Johnny's (above), but here (repeat!) ALL ORGANIC. Categories include sprouts, shoots, **microgreens** and "specialty" greens, plus the usual veggies, all in bulk quantities. Request or download its catalog.

Seeds for **microgreens** at: <https://www.highmowingseeds.com/vegetables/greens-micro.html>

Seeds for sprouts & shoots at: <https://www.highmowingseeds.com/vegetables/greens-sprouts-shoots.html>

West Coast Seeds

4930A Elliott St, Ladner, BC, CANADA, V4K 2Y1
(888) 804-8820

<https://www.westcoastseeds.com>

An excellent resource for our Canadian friends. Also, sprouters, seedling trays and heating mats.

Seeds for **microgreens** at: <https://www.westcoastseeds.com/collections/microgreens-seeds>

Books on saving seeds and sprouting seeds, including my book **SPROUT GARDEN** at:

<https://www.westcoastseeds.com/collections/books/products/sprout-garden>

Grow Organic (Peaceful Valley Farm Supply)

POB 2209, Grass Valley, CA 95945

(888) 784-1722

www.groworganic.com

Mostly organic seeds, sprouting seeds (from Mumm's of Canada), bulk seeds, and gardening supplies. The photos are good, while the beautiful illustrations are outstanding, plus they are zoom-able.

Bulk organic seeds at: <http://www.groworganic.com/seeds/bulk-seeds/bulk-organic-seeds.html>

Mumm's Seeds for sprouts: www.groworganic.com/seeds/sprouting-seeds/organic-sprouting-seeds.html

Cold frames and grow lights at: <http://www.groworganic.com/growing-supplies.html>

Todd's Seeds

46495 Humboldt Dr

Novi, MI 48377

(888) 246-5233

www.toddsseeds.com

A low-price source for bulk quantities usually up to 10 pounds for both sprouts and **microgreens**, some organic. On the big plus side for sprouts, Todd's lists germination rates and dates of testing for all its sprouting seeds, same as do nearly all garden seed companies but as no sprout seed companies do. But on the minus side, its categories for both sprouts and microgreens include seeds that are inappropriate for growing sprouts (for instance, parsley and basil) or microgreens (for instance, grey-striped sunflower). Also offers the Easy Sprout sprouter and planting trays.

Seeds for sprouts at: <http://seeds.toddsseeds.com/wholesalesproutingseeds>

Seeds for **microgreens** at: <http://seeds.toddsseeds.com/microgreens>



ALSO worth noting:

Hart's Seeds – All seeds untreated and non-GMO, with a separate catalog listing for bulk at:

<http://hartseed.com/our-products/bulk-seeds/>

Epic Gardening – excellent source of free Growing Guides for several specific species of **microgreens**

at <http://www.epicgardening.com/microgreens/>

Harris Seeds – 6 sprout seeds, supplies, & 27 untreated **microgreens** seeds at:

<https://www.harriseseeds.com/collections/micro-greens>

Mountain Rose Herbs – 10 sprout seeds:

www.mountainroseherbs.com/sprouting/sprouting_seeds.html

Starwest Botanicals – 13 sprout seeds: www.starwest-botanicals.com/category/organic-sprouting-seeds

Ornamental Edibles – download the pricelist for seeds at: <https://ornamentaledibles.com/collections>

Vermont Bean Seed Company – tons of beans! www.vermontbean.com

Fedco Co-op Seeds – download the very interesting catalog, but most orders must be placed way in advance of the spring-growing season: www.fedcoseeds.com

Wheatgrass Greenhouse – www.wheatgrassgreenhouse.com
3 **microgreens** seeds: https://www.shop.shopwheatgrass.com/Organic-Seeds_c10.htm

ALSO for our British and European friends

CN Seeds – 22 microgreen seeds & 12 sprout seeds, in UK: <http://www.cnseeds.co.uk>

Rem Seeds / Euroseed– download catalog (sprouts, page 30), www.remseeds.com/en/p6-our-product-range/
microgreens at <http://www.remseeds.com/en/c9-baby-leaf/>



Sprout & Microgreen SEEDS & NEEDS from **SPROUT SEEDS SUPPLIERS**

I should not tell you this (which means, I am going to go ahead and tell you this), but I purchase 95-percent of my sprouting seeds (and grains and beans) from the bulk bins of my two local food coops. I first buy a small sample to test its germination rate. If it meets my high standards, I return to the nearby store and buy a larger quantity. And my high standards are met 95-percent of the times.

Sprout seed companies all are family businesses owned by highly ethical people who do great good in the world. Like any mom and pop, they sincerely believe that their children are the smartest kids on the block ... and that their sprouting seeds are the best seeds available with the highest germination rates possible. I regret to have to tell you, dear reader, that like all proud parents they are filled with puffery. They all purchase their own stock from the same few sources, and compared to what I purchase from the bulk bins of my two local food coops their seeds' germination rates are no better. And sometimes worse. I once mail-ordered obscure varieties I could not find in stores that were so obscure that no one else ever purchased them from the mail-order source, and so their stock was so old that the germination rates were low. One was far less than 50 percent, and another was zero percent. And remember, this was a sprout seed company.

The one “sprout” seed (really a microgreen seed) seldom found in stores is unhulled black-oil sunflower. And sprout seed companies generally stock a variety of black oil sunflower that is better than those stocked by garden seed companies. Better because of their higher germination rate and because they more thoroughly shuck off their shells. So I do mail order my black oil sunflower seeds for growing sunflower greens.

Most sprout seed companies test for the three major bacteria that can cause food-borne illness, so their seeds do offer an extra level of safety than found in grains and beans intended to be cooked for human consumption. While alfalfa has historically been the source of most food-borne illness in sprouts, I loathe and never grow alfalfa sprouts, so I personally am not concerned about food-borne illnesses from sprouts.

If you, however, are concerned about food-borne illness, and for the convenience of mail-order, then please do mail order your seeds from these fine companies:



For nutritional analysis of sprouts, consult the USDA's website and search by keyword SPROUTS: <https://fdc.nal.usda.gov>



Sproutpeople

All commerce is conducted through to its website.

www.sproutpeople.org

The most comprehensive book on sprouting is not a book. It is a website, sproutpeople.org. Edifying and extensive (at times TOO extensive!), its website also offers videos and several hundreds (100's!) of web pages of information on all aspects of sprouting beyond simply HOW TO, free to everyone. Plus they sell everything you might need for sprouting except for the kitchen sink and except for books, so the reason I list Sproutpeople here first is not because they sell my own books.

Free sprouting instructions at: <https://sproutpeople.org/growing-sprouts/sprouting-basics/>
Among their oodles & oodles of all OG seeds, seeds for **microgreens** are indexed at:
<https://sproutpeople.org/seeds/microgreens>

Sprout House

874 Neighborhood Road
Lake Katrine, NY 12449
(800) SPROUTS, (845) 336-4136

www.SproutHouse.com

All OG Seeds, many sprouting devices, jar lids and screens, trays, the works!

Sprouters, including Terracotta trays (my favorite) at: <https://sprouthouse.com/sprouters/>
Sprouting seeds at: <http://sprouthouse.com/organic-sprouting-seeds/>
Microgreens seeds at: <https://sprouthouse.com/microgreen-shop/>
Free instructional PDFs, including my own about microgreens, at:
<https://sprouthouse.com/downloadable-guides-from-the-sprout-house/>

Mumm's Sprouting Seeds

P.O. Box 80, Parkside, SK

Canada S0J 2A0 [these are number zeros, not letter O's]

(800) 263-4490

(306) 747-2935

www.sprouting.com

A primary source of info on the web about HOW TO sprout at: http://sprouting.com/how_to_sprout.html

Plus, of course, an extensive all OG seed list.

Also books (including my own **Sprout Garden** and **Microgreen Garden**), automatic sprouters, sprouting bags, jars and containers.

A supplier to other commercial sprouting companies and garden seed companies, Mumm's welcomes orders from home sprouting folks. USA customers: be sure first to click **USA** on the top menu bar, otherwise prices may be for Canada and quantities may be all metric.

Seeds for sprouts and **microgreens** at:

<http://sprouting.com/category/226/Sprouting-Seeds.html>

Sprout Garden at:

<http://sprouting.com/product/405/Sprout-Garden%3A-Indoor-Grower%27s-Guide-To-Gourmet-Sprouts.html>

Microgreen Garden at:

<http://sprouting.com/product/652/Microgreen-Garden.html>

True Leaf Market (formerly Handy Pantry)

Salt Lake City, UT 84115

(866) 948-4727, (800) 735-0630

<https://www.trueleafmarket.com/collections/sprouting-kits-and-supplies>

Seeds, automatic sprouters, sprouting jars, jar lids and screens, and containers, including one called Sprout Garden (with no connection to my book whose title preceded the container by ten years). The Sprout Garden sprouting device is based upon the same ventilation principles of Sproutamo's Easy Sprout, but unlike Easy Sprout this is a tray sprouter, so ideal for greening leafy sprouts such as clover, alfalfa, radish, mustard, and broccoli. I highly recommend its Sprout Garden sprouter as an excellent tray sprouter for greening radish sprouts and mustard sprouts. (I prefer to grow broccoli on soil as a microgreen, and do not like and therefore never grow clover or alfalfa sprouts.) Be assured I have no affiliation with nor receive any compensation from this company, which only in 2013 began carrying my books.

Seeds for **microgreens** at: www.trueleafmarket.com/collections/microgreens-kits-and-supplies

Seeds for sprouts at: <https://www.trueleafmarket.com/collections/wholesale-sprouting-seed>

Sprouting devices at: <https://www.trueleafmarket.com/collections/sprouting-bags-jars-trays>

My book **Sprout Garden** at: <https://www.trueleafmarket.com/sprout-garden-growers-guide-book-mark-braunstein>

My book **Microgreen Garden** at: www.trueleafmarket.com/products/book-microgreen-garden

Sproutman / Sprout Brothers

All commerce is conducted through to its website.

(800) SPROUT1

www.SproutMan.com

All OG Seeds, wheatgrass juicers, automatic sprouters, sprouting bags and containers, books, the works! Just ignore all the annoying hyperbole, and disregard the insulting-to-one's-intelligence sale prices, because if *everything* is *always* on sale then *nothing* is ever on sale. Maybe someday this otherwise reputable company will clean up its questionable marketing hype.

SunGarden (formerly called International Specialty Supply)

1011 Volunteer Dr, Cookeville, TN 38501
(800) 277-7688 & (931) 400-2710 for retail orders
www.sproutnet.com

The major supplier of equipment, supplies, and seeds to commercial sprouting companies, including internationally. **Retail sales of seeds at 25 pound minimum.**

Many seeds suitable for microgreens are also available: <https://sproutnet.com/sungarden-seed/>
Its website indexes scientific research into the potential of various sprouts to treatment diseases:
<https://sproutnet.com/research-on-the-role-of-sprouts/>
Research about sprouts: <https://sproutnet.com/research-on-the-role-of-sprouts/>

Got Sprouts

8420 Resource Road, Riviera Beach, FL 33404
(561) 689-9464
www.gotsprouts.com

The newest company on this listing, it has grown very quickly into a major supplier. All-organic seeds, 19 in all, plus juicers, wheatgrass juicers, dehydrators, Easy Sprout sprouting containers, trays, the works!
Also many seeds and trays suitable for microgreens.

Seeds at: <https://www.gotsprouts.com/got-seeds.html>



Sprout & Microgreen SEEDS & NEEDS from Natural Foods Distributors

Most seeds from your local natural foods store are intended for cooking and eating, not necessarily soaking and sprouting. Consequently, due to advanced age or poor storage, viability can be inconsistent. Among mail order distributors of **natural and organic foods**, these four are the most attentive to the needs of fastidious sprout folks, in many cases providing sprout worthy foods not stocked by the previous seven sources. Many seeds suitable for microgreens are available but not indexed separately. When searching their websites, be sure to click *Beans* (or *Legumes*) and *Grains* in addition to *Seeds*. Some also offer books, sprouting bags, jar lids and screens.

Jaffe Brothers Natural Foods

105 Copperwood Way, Suite F
Oceanside, CA 92058
(877) 975-2333, (760) 749-1133
www.organicfruitsandnuts.com

Seeds at: <http://organicfruitsandnuts.com/organicseeds.html>
Beans at: www.organicfruitsandnuts.com/orpeandbe.html
Grains at: www.organicfruitsandnuts.com/organicgrain.html
My book **SPROUT GARDEN** at: <http://organicfruitsandnuts.com/22009.html>

Natural Zing

POB 749, Mount Airy, MD 21771
(888) RAW-ZING, (301) 703-4116
www.naturalzing.com

Sprout seeds & needs at: www.naturalzing.com/catalog/index.php?cPath=21_110
More seeds at: www.naturalzing.com/catalog/index.php?cPath=21_31
Sprout books, including **SPROUT GARDEN**, at:
http://www.naturalzing.com/catalog/product_info.php?cPath=43_76&products_id=552

Sun Organic Farm

411 S. Los Posas RD, San Marcos, CA 92078
(888) 269-9888, (760) 510-8077
www.sunorganic.com

Seeds at: <https://www.sunorganicfarm.com/category/organic-seed.html>
Beans at: <https://www.sunorganicfarm.com/category/organic-bean-pea-lentil.html>
Grains at: <https://www.sunorganicfarm.com/category/organic-grains-quinoa.html>

Shiloh Farms

191 Commerce Dr, New Holland, PA 17557
(800) 362-6832
www.shilohfarms.com

Seeds, beans, and grains with consistently high germination rates, though none are marketed specifically for sprouting. Their packaged seeds often can be found in health food stores, so are a dependable source for sprouting seeds in the bricks-and-mortar marketplace. Note to vegans: unlike the other food company listed here, Shiloh Farms also sells dead animals.

Beans at: www.shilohfarms.com/categories/Legumes
Grains and Seeds at: www.shilohfarms.com/categories/Grains
Sprouted flours & sprouted prepared foods at: <http://www.shilohfarms.com/categories/Sprouted>

Z Natural Foods

7 seeds for sprouting
<http://www.znaturalfoods.com/Sprouting-Seeds>

Upayanaturals

for our Canadian friends, Vegan Raw Foods
30 seeds for sprouting, mostly from Mumm's
http://www.upayanaturals.com/category_s/78.htm



Sprouting Containers & Jar Top Lids

“Traditional” Plastic Sprouting Lids

The wide-mouth traditional canning jar, available locally, is a basic do-it-yourself sprouting container better than many commercial ones. Mason and Ball are the two major USA manufactures of canning jars, but any canning jar will suffice as long as it is wide-mouthed. The jar's lid, however, does improve when made of plastic. Such plastic lids, manufactured by *True Leaf/Handy Pantry*, *SproutHouse* and *Sproutpeople* (see above for all three) can be ordered from most of the above sources.

“Newfangled” Plastic Sprouting Lids

A new plastic lid, like an attempt as a better mousetrap, was introduced on the marketplace in 2018. A feeble solution in search of a non-existent problem, it purports to prevent water from flowing off the top and onto the outsides of the jar when you fill the jar with water. If what does spill over the sides somehow annoys you, you need only first remove the lid before filling the jar with water. (Duh!) But if that sounds like too much work for you, then this newfangled lid comes to the rescue.

Its one drawback is that the fine-mesh of both lids in the 2-pack is identical, rather than fine, medium, and course, which is how the 3-packs of “traditional” plastic lids are sold. Yet, I use medium-mesh lids 95-percent of the time. Its costs more than traditional plastic lids, but if you happen to be in the market for plastic lids, give these a try. But do not purchase these as an upgrade if you are thinking of replacing the plastic lids that you already have been using.

You can view an instructional video (am not kidding!) at:

www.MasonTops.com/sprout and if you want to give them a spin, go to:
<https://www.masontops.com/collections/sprouting-tools-accessories>

Sprouting Bags

Among many commercial sprouting containers, cloth bags, called “sprouting bags,” work well ONLY for beans, as they are too difficult to clean for any seeds smaller. Formerly made of linen (flax) and now from hemp (cannabis), sprouting bags can be ordered from most of the above sources. If you want to go on the cheap, buy cotton bags from paint stores sold for filtering paint.

The Easy Sprout

Despite many commercial sprouting containers already available, new ones continue to be brought to market. Inventors and inventive marketers apparently believe that the perfect sprouter does not yet exist. Still, Sproutamo's long standing "Easy Sprout" works best for most, not all, types of sprouts. (Handy Pantry/True Leaf Market's "Sprout Garden" sprouting device merits a very close second place.) Easy Sprout truly is the easiest to use, and that includes easiest to clean, second only to Mason canning jars. Easy Sprout (and the ceramic tray sprouters offered by Sprout House) is this author's own choice for bountiful big beans. (Be assured that I have no affiliation with Sproutamo, nor does Sproutamo recommend to its customers my book *SPROUT GARDEN*. My recommendation of "Easy Spout" is based solely on its merits.)

The "Easy Sprout" was conceived by an engineer who attests its idea came to him in a dream.

Sproutamo

POB 17, Lake Mills, WI 53551

(920) 648-3853

www.sproutamo.com

"Easy Sprout" is available from the manufacturer with quantity discounts. Its website provides much information and many suggestions. Also available from Mumm's, Sproutpeople, Got Sprouts, and Amazon.



The remaining brief listings of references to websites are no less important than the above listings with lengthy annotations. These entries simply are shorter. For further sources of information, search the web with the word sprouting (not sprouts) or the phrase "how to grow **microgreens**"



PUBLISHERS

The Book Publishing Company / Healthy Living Publications

<https://bookpubco.com>

*publisher or distributor of books by Viktoras Kulvinskas, Steve Meyerowitz, Brian Clement, and of this Seeds & Needs directory's author's own books **Sprout Garden** and **Microgreen Garden***

Sprout Garden at: <https://bookpubco.com/content/sprout-garden>

Microgreen Garden at: <https://bookpubco.com/content/microgreen-garden>

International Sprout Growers Association

www.isga-sprouts.org

Information for professional growers & the rest of us dreamers;
ISGA claims to send a free newsletter if you subscribe,
but many years have passed since I last received one.



HEALTH CENTERS

Hippocrates Health Institute

www.hippocratesinst.org

Sprouting haven in FL & books by Brian Clement & sprouting supplies & publisher of the free mostly-promotional magazine *Healing Our World*.
Subscribe to the free magazine, which *mostly* just hawks its products and services, but *not* to the newsletter, which *only* just hawks its products: <http://hippocratesinst.org/magazine-eneews>

my book **Sprout Garden** at:

<http://hippocratesinst.org/shop/sprout-garden-indoor-growers-guide-to-gourmet-sprouts>

Ann Wigmore Natural Health Institute

www.annwigmore.org

sprouting haven in Puerto Rico



Related EQUIPMENT

10x20 inch plastic nursery flats are flimsy even when reinforced with boards underneath or when stacked one inside another. I wonder why any microgreen grower ever uses them unless they are able to leave stationary and let the water drip to the floor. I never use them because they are bigger than can sit flat in my kitchen sink. And at 2 inches deep, they also are deeper than needed.

for an excellent upgrade from crappy 10x20in nursery flats— Paperpot Co. offers a very sturdy and shallower replacement at only twice the price of cheap, flimsy nursery flats. Unfortunately, they are sold only in packs of 10, and with no comparable tray with no vents on the bottom.

<http://www.paperpot.co/product/nursery-flats/>

for Cafeteria (Fast Food) TRAYS – **Tiger Chef** offers a wide variety with quantity discounts and speedy shipping, of which the most durable (and most expensive, but worth it) are made of fiberglass. A very handy Search feature allows you to limit your search by material (fiberglass, yay!) and by tray length or width, to fit its size to your sink:

<http://www.tigerchef.com/search/-fast-food-trays/>

for manual & automatic SPROUTING devices – **Urban Homemaker** offers 8 varieties
www.urbanhomemaker.com/productcart/pc/viewCategories.asp?idCategory=569

for COLD FRAME assembly kits – **Greenhouse Megastore** is the least expensive source, but be aware that cold-frame kits consist of numerous parts that require several hours to assemble. You can save both time and money by assembling your own from old windows frames leaning against an exterior wall of your home. Sort by lowest price for the small cold-frames:

<http://www.greenhousemegastore.com/category/hobby-greenhouse-kits>



**This is the expanded and updated and clickable
Sources chapter of the book *SPROUT GARDEN*
and the Resources link of the book *MICROGREEN GARDEN***

ALL LINKS LIVE as of January 2020!
Updated for Jan 2020 & posted at:

www.MarkBraunstein.ORG
&
www.MicroGreenGarden.com

Mark Mathew Braunstein
Mamacoke Island, CT

The advertisement features three book covers on a green background. On the left is 'Sprout Garden: Indoor Grower's Guide to Gourmet Sprouts, Revised Edition' by Mark M. Braunstein, which includes a photo of a sprout salad. In the center is 'RADICAL VEGETARIANISM: A Dialectic of Diet and Ethic' by Mark Mathew Braunstein, featuring a photo of asparagus on a plate. On the right is 'microgreengarden: INDOOR GROWER'S GUIDE TO GOURMET GREENS' by mark mathew braunstein, with a background of green microgreens. The text 'RADICAL VEG' is written in large yellow letters across the top, and 'VEGETARIANISM' is written vertically in white on the right side of the central book cover.

3 books by Mark Mathew Braunstein

www.MarkBraunstein.Org

Grow 55 species of microgreens, free instructions at:

www.MicroGreenGarden.com