

# VEGETARIAN VOICE

North American Vegetarian Society



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**The Sprout Garden: The Indoor  
Grower's Guide to Gourmet Sprouts**  
by Mark M. Braunstein  
The Book Publishing Co.  
Summertown, TN  
1993, \$8.95, 128 pages  
Available from NAVS

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The merry moralist of veganism is back!

Some years ago, Mark Mathew Braunstein gave us "Radical Vegetarianism," a classic on the ethics of what we eat.

Now, in "The Sprout Garden," he gives us the definitive book on sprouting, the art and science of growing our own food in our own kitchens. And remarkably, even in a how-to book, Braunstein remains a laughing spirit who inspires change in culinary consciousness.

**Vegetarian Voice**

Braunstein is one of America's few true semi-sproutarians, writing entirely from his day-to-day and decade-to-decade experiences. Reflecting this, "The Sprout Garden" gives us an intimate and detailed look into all aspects of sprouting.

The book is well organized. In clear, illustrated and comprehensive opening chapters, Braunstein lays a foundation of "Why" (A Sproutarian Seminarium), "With What" (Sprouts Ins & Outs), and "How" (The Sprout Route) to sprout.

In The Sprout Route, Braunstein explains the specific techniques of sprouting, and their advantages, better than anyone I've read. He includes glass jars and plastic tubes, cotton and linen bags, seedling trays and bamboo plates, cotton towels, clay saucers and soil spread upon cafeteria trays. This last technique, using just one half inch of earth, is most noteworthy, because Braunstein uses it to grow sunflower greens, buckwheat lettuce, pea greens, wheat grass and baby salad greens such as cabbage, turnip, radish, lettuce, spinach and kale – the sprouts that, collectively, Braunstein calls "heaven on earth."

Next, in About Each Sprout, Braunstein discusses more than 45 sprouting seeds individually, with fascinating and useful information about each. Side issues such as the controversy over eating raw legume sprouts are highlighted. And because the proof of the sprouting is in the eating, 34 pages of recipes (Choose, Cook, Chop, Cheer), show how sprouts can be used to create salads, dressings, sandwiches, suppers and sweets. Also included is the best recipe for sprouted wheat bread (Essene Bread) that I've ever tasted!

Appendices include mail-order sources for seeds and supplies, as well as a reprint of one side of Sprouting Publication's best-selling Sprout Chart. While the text throughout "The Sprout Garden" is consummate, photos are disappointingly reproduced and illustrations are sometimes sparse. Still, this is the book to get you unto sprouts; and if you're already there, it's still the book to get.

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*– Reviewed by Michael Linden  
editor of SproutLetter*

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