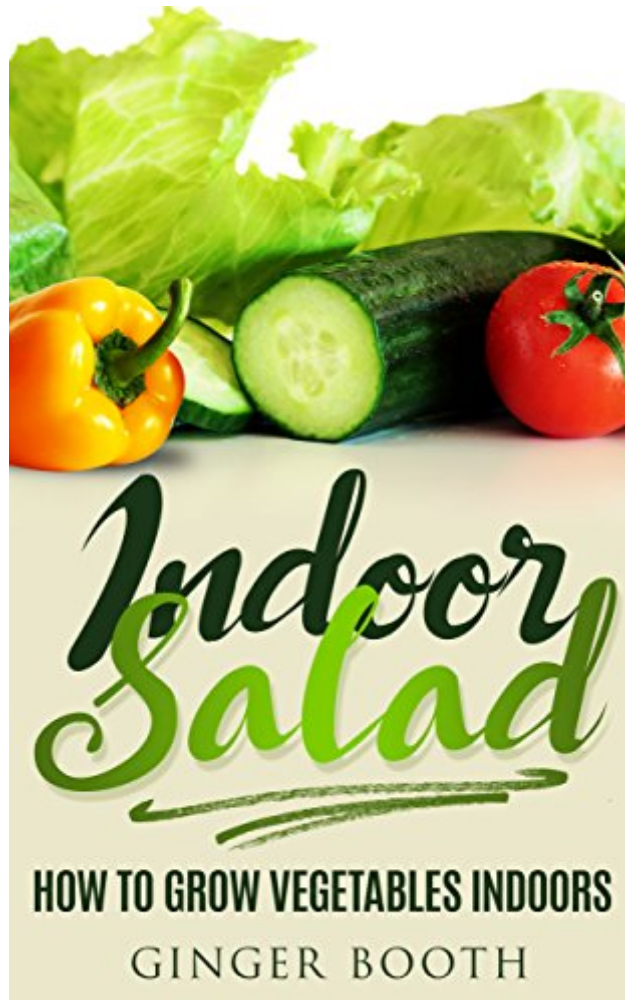




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Indoor Salad: How To Grow Vegetables Indoors



Synopsis

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 vegetables we eat fresh - lettuce, brassicas like kale and cabbage and Asian 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 container gardening 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
• 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 where you live. I dare you to buy this book and not harvest fresh lettuce indoors within the month!

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Customer Reviews

Best book so far that I have read on growing vegetables indoors. Also talks about hydroponics which is the area I am interested in.

Very good, very interesting and in depth. I enjoyed it.

Ginger knows her stuff. This book many aspect of indoor gardening I never would have considered. It is worth the read.

Good book

as advertised.

This book is much needed; I've been hoping someone would write just such a book for a long time. The author speaks from experience. I have been growing salad indoors for many years, but I learned a lot from this book nevertheless. One important development since the book was written is about Aerogardens. The author rightly notes a disadvantage has been how many cfl light bulbs you end up recycling when using Aerogardens. (She does mention there are LED conversion kits, but many of us are reluctant to try do it yourself conversion kits that don't come from the original manufacturer.) HOWEVER, now Aerogarden makes a version with LED lighting that eliminates the problem of cfl lightbulb replacement. I just noticed that the LED model is finally available.

Ginger is my daughter. Her sense of humor comes through in the book. She writes as though she's talking to each reader as a friend. I have grown cherry tomatoes, a variety of lettuces, herbs and

flowers in my kitchen bay window in the same town where Ginger grew up in Ct.

This book got me excited about hydroponic growing. It is definitely a good beginners book. Expresses all of the basic concepts.

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