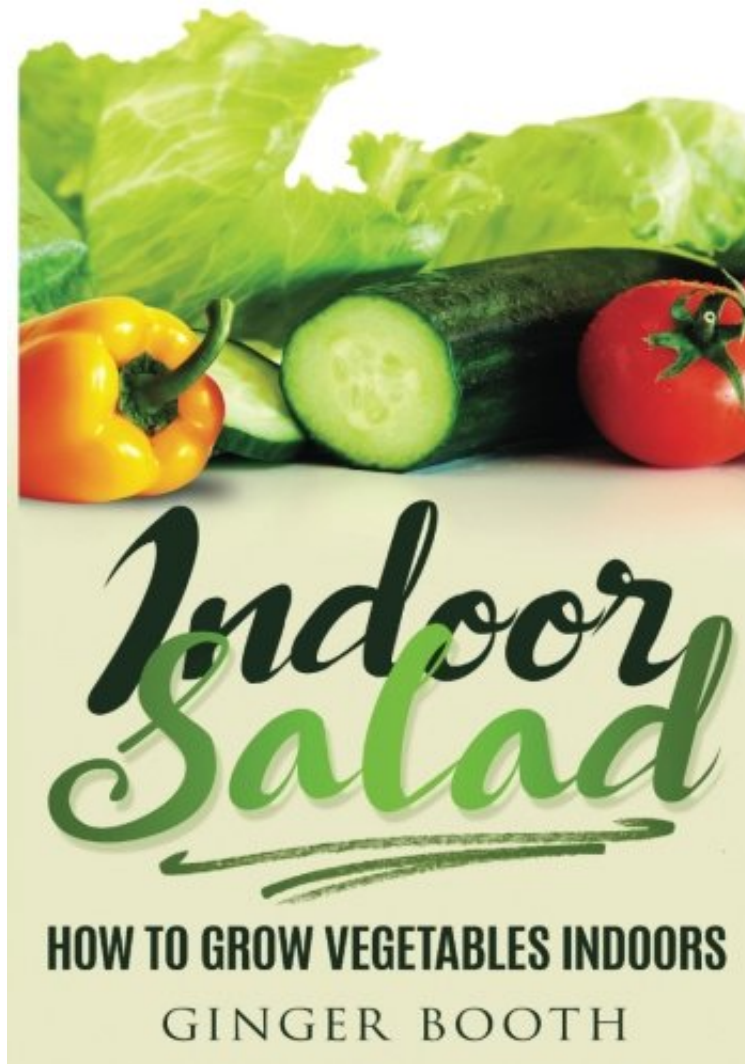


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Indoor Salad: How to Grow Vegetables Indoors

Ginger Booth

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Ginger Booth : Indoor Salad: How to Grow Vegetables Indoors before purchasing it in order to gage whether or not it would be worth my time, and all praised Indoor Salad: How to Grow Vegetables Indoors:

0 of 0 people found the following review helpful. Best book so far that I have read on growing ...By Jennifer KaufmanBest book so far that I have read on growing vegetables indoors. Also talks about hydroponics which is the area I am interested in.0 of 0 people found the following review helpful. Good bookBy S. GoodmanVery good, very interesting and in depth. I enjoyed it.1 of 1 people found the following review helpful. Excellent book on indoor gardeningBy parks1510Ginger knows her stuff. This book many aspect of indoor gardening I never would have considered. It is worth the read.

No garden space? Wrong season? Grow fresh vegetables indoors, year-round. And brighten your life! The salad vegetables we eat fresh can grow indoors - lettuce, kale and Asian greens, herbs, cucumbers, beans, peppers, and even tomatoes. The lights they crave off-season can brighten your mood, too. Starting from what these crops need to succeed, *Indoor Salad* explores techniques to meet those needs - from the humble CFL lightbulb, to container gardening, to hydroponics. Get growing today with do-it-yourself projects for the crafty. Or buy ready-made systems like the Aerogarden 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 do-it-yourself projects 11 crops - with proven indoor varieties Whether you're an indoor gardening novice, or an experienced vegetable gardener, you could be gardening year round, indoors. Harvest fresh lettuce and basil within a month. Illustrated. This is the color edition.

"Excellent resource for growing veggies inside. Unlike other books on this subject, the author doesn't focus on expensive HID systems, but gives affordable DIY projects to grow many different crops inside using fluorescent light systems. Both traditional container planting and hydroponic growing methods are covered." - reviewer NDBG1 "I like the way this book is organized. The author provides many do it yourself projects, and there is even an Appendix showing where you can source the materials. Highly recommended if you want to get on track, the smart way, to growing your food indoors." - reviewer Kat *Indoor Salad* includes chapters ranging from basic botany and gardening to a definitive look at the different types of grow lights and what it costs to operate them. By following the instructions in [Ginger Booth's] book, you can actually produce a tomato indoors that has field-grown flavor and texture. *Indoor Salad* is a great publication for both beginners and experienced indoor gardeners. It is wonderfully organized and easy to follow (you can tell the author writes code). - Rob Rabine, *The Oedipal Epicurean*, for *The New Haven Register* "I like this book a lot. I find I can drink in the knowledge easily, and there's lots of it. The science is presented clearly and simply, but - as important for me - the practicalities - living with this stuff - are also given. So, you'll learn about what spills, what stains, what annoys, what works but is really tiresome, and what's clever and really convenient. All-in-all, this is a very knowledgeable, easy-reading book." - reviewer Chris Wesley From the Author Still not sure about buying *Indoor Salad*? Fair enough, there are other fine books in this category. Every one has its good points. And every author has a bias. This author's bias is that I want more people to enjoy growing their own food indoors. I love plants and want them and their growers to be happy together. That point of view might seem alien to you. But what it's not, is an axe to grind. I don't assume hydroponics is better, nor Aerogardens, nor container gardening. I don't insist organic is better than inorganic, nor heirloom better than hybrid seed. I consider electrical usage an optimization problem, not a moral issue per se. I assume you want happy plants and the happy yields they provide. This book's angle is to appreciate the myriad effective ways you can go about that. *Indoor Salad* explains the options. It provides do it yourself projects. But even if you make none of them, you'll understand why and how those projects work. Then you can buy a ready-made solution with confidence, or devise an even better solution for your own circumstances. My angle is that I want you to be an educated consumer. I want you empowered and inspired to grow vegetables indoors your way. And if you ever need support on your growing journey, this book comes with online support. Drop by any time at indoorsalad.com or aerogardenmastery.com with your questions. We'd love to see what you're growing! Scroll up and try the book sample today. P.S. Cat owners: Several people have complained about their cats eating their plants. My online friend Katherine places flat aluminum foil under her vegetable projects. She reports this works - the cats won't walk on aluminum foil. About the Author Ginger Booth is a mathematician turned programmer with a career in environmental science and engineering. A lifelong gardener, she tried hydroponic lettuce in her kitchen in 2007, and fell in love. Eager to share experiments, she leapt onto the Internet, but found too few people talking. So she set up as an online Dear Abby of indoor gardening to egg people on, and learn from the experience of thousands. Ginger has a condo in shoreline Connecticut, with crops spilling out onto the balconies and down the driveway. Reach her at indoorsalad.com or aerogardenmastery.com.