

The book was found

# Grow Your Own Spirulina Superfood: A Simple How-To Guide



## Synopsis

For home-grow Spirulina kits, supplies, and workshops come to ALGAELAB.ORG! Spirulina is a well-known and popular superfood, but did you know you can grow it in your own home, in a space no bigger than a window? Its high growth rate makes it easy to harvest every day, getting a unique, fresh, and nutrient-dense food that is easy to eat. Join NASA algae scientist Dr. Aaron Wolf Baum of AlgaeLab.org in exploring this exciting new way to farm: everything you need to know about growing, harvesting, and maintain your own Spirulina is inside! Every step is described in detail and illustrated in color. Includes recipes, growth and maintenance tips, ideas for expanding your setup, a troubleshooting guide, instructions on growing up from small culture samples, and references for further reading. Written by NASA algae scientist and AlgaeLab founder, Dr. Aaron Wolf Baum.

## Book Information

File Size: 733 KB

Print Length: 106 pages

Publisher: AlgaeLab LLC; 1.0 edition (February 5, 2013)

Publication Date: February 5, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00DZUSXCO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #106,191 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12

in Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > Gardening & Horticulture >

Techniques > Urban #27 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design

> By Technique > Urban #2595 in Books > Health, Fitness & Dieting > Diets & Weight Loss

## Customer Reviews

I've been ordering the powdered product for quite sometime now but have always thought that it would/should be fairly easy to grow at home and I was right. It's been a couple months since I've set up my little tank and I'll get about a tablespoon a day from it, which is perfect to supplement my diet with. Plus, I'm amazed at how good the spirulina tastes! You can literally the whole tablespoon plain

no prob, tastes almost like an egg yolk, with a creamier texture. Plus, growing it your self is soooo cool! Friends are always asking me what it is and I love having them try the fresh stuff, they are always surprised how good it tastes. Also, Dr. Wolf-Baum (who apparently is also a NASA algae scientist) is available for questions if you need him. I hight recommend this book, especially for 10 bucks :)

Excellent introductory guide to "farming" your own superfood in your living space. I sincerely appreciate that Dr. Baum tells you precisely how to mix your own growth medium. It shows me that he is more interested in the widespread dissemination of this knowledge, than he is in simply making a buck.

Dr. Baum is very well trained on the subject matter. This becomes obvious when you read the book. Being well trained or educated is one skill set. Being able to make this sometimes technical information easy to understand for the diverse population who are interested in this subject is another skill set. Dr. Baum has both of these skill sets in spades. He is a natural born teacher. I can't wait for his next book. Paul Nagle, Taylor, Texas.

If you know nothing about spirulina and are interested in growing some for yourself and family, this is the right book. If you are looking for information on organic growing or a larger scale setup, this book lacks. Good information to add in the future or create another book for.

Easy, straight, forward language. Great guide to start growing your own algae. Good discussion on the health benefits of algae and why everyone should be doing this to protect their health.

[Download to continue reading...](#)

Grow Your Own Spirulina Superfood: A Simple How-To Guide Grow Fruit Indoors Box Set: 22 Cultivating Tips to Make Your Own Garden With Extra Gardening Tips To Grow Your Favorite Exotic Fruits Plus Tips How to ... Set, Grow Fruit Indoors, Gardening Tips) Homesteading for Beginners: Self-sufficiency guide, Grow your own food, Repair your own home, Raising Livestock and Generating your own Energy (Homesteading, ... Superfood Salads: Delicious Vegetarian Superfood Salad Recipes for Healthy Living and Easy Weight Loss (Free Bonus Gift: Easy Vegan Weight Loss Smoothies) (Health and Fitness Books Book 2) Homesteading for Beginners: How to Grow Your Own Food, Raise Livestock, Repair Your Home Yourself and Generate Your Own Power GROWING HERBS: How to Grow Low cost Indoor and Outdoor Herbs in containers, for Profit or for

health benefits at home, Simple Basic Recipes ( How to grow herbs, growing herbs for beginners )  
Start Your Own Corporation: Why the Rich Own Their Own Companies and Everyone Else Works  
for Them (Rich Dad Advisors) Farming In Your Backyard for Beginners Vol.2 - Use Proven  
Strategies to Grow Plants, Herbs, and Food in Your Backyard Easily (Best Guide To Grow Organic  
... Farming, Backyard Farming Strategies) Smooth Groove Superfood Smoothies: 60 Super Simple  
& #Delish Smoothie Recipes to Refresh & Rejuvenate (60 Super Recipes Book 1)  
BUSINESS:Business Marketing, Innovative Process How To Startup, Grow And Build Your New  
Business As Beginner, Step By Step Online Guide How To Effective ... Grow And Build Business As  
Beginner) Step By Step To Your Own Domain And Webhosting: Tips and tricks for registering your  
own domain name and connecting it with your webhosting provider (Step By Step Booklets Book 1)  
The Homesteading Handbook: A Back to Basics Guide to Growing Your Own Food, Canning,  
Keeping Chickens, Generating Your Own Energy, Crafting, Herbal Medicine, and More (The  
Handbook Series) Homegrown Berries: Successfully Grow Your Own Strawberries, Raspberries,  
Blueberries, Blackberries, and More (Timber Press Growing Guide) The Grow Your Own Food  
Handbook: A Back to Basics Guide to Planting, Growing, and Harvesting Fruits and Vegetables  
(The Handbook Series) Create Your Own Operating System: Build, deploy, and test your very own  
operating systems for the Internet of Things and other devices The Home-Based Bookstore: Start  
Your Own Business Selling Used Books on , eBay or Your Own Web Site How to Plan, Contract,  
and Build Your Own Home, Fifth Edition: Green Edition (How to Plan, Contract & Build Your Own  
Home) The Homebrewer's Garden, 2nd Edition: How to Grow, Prepare & Use Your Own Hops,  
Malts & Brewing Herbs The Cut Flower Patch: Grow your own cut flowers all year round  
Hydroponics: How To Start Your Own Hydroponic Garden and Grow Vegetables, Herbs and Fruit  
(Hydroponics For Beginners, Homesteading)

[Dmca](#)