

Wheatgrass

✓ Excellent Source of Vitamin K

✓ Excellent Source of Vitamin E

✓ Cholesterol-Free

✓ Sodium-Free

✓ Fat-Free

Wheatgrass contains iron, calcium, phosphorus, vitamin C and B vitamins, and is rich in antioxidants, chlorophyll, and beta carotene



1g
PROTEIN

0mg
SODIUM

4g
FIBER

6g
CARBS

25
CALORIES

0g
FAT

1 Tbsp (8 g)



Wheat Grass

Arthur William Sampson



Wheat Grass:

The Wheatgrass Book Ann Wigmore,1985-10-01 The Wheatgrass Book is written by Ann Wigmore the woman who introduced wheatgrass juice to America 30 years ago Ann s book contains a wealth of information on wheatgrass from its nutrient properties to ways of easily growing it for the home juicer Chapters include green power from wheatgrass how wheatgrass chlorophyll works super nutrition from wheatgrass how to grow and juice wheatgrass and the many uses of wheatgrass This is a must for the person serious about incorporating wheatgrass into his or her health regimen **The Complete Guide to Growing and Using Wheatgrass** Loraine R. Dégraff,2011 Wheatgrass that simple green plant you see growing above the counter in your favorite smoothie shops is one of the most versatile intrinsically useful vegetable matters available to you It can be blended into almost anything grows in any temperate or warm climate and is chock full of so many vitamins and fiber that it can take the place of up to two or three servings of vegetables every day if used properly More and more people are taking advantage of this highly useful plant and growing it themselves but for many the lack of instruction and direction can lead to frustration and confusion over how the plant is supposed to be grown and what it needs to thrive This book guides you through the process of not only growing but successfully cultivating wheatgrass for your own personal use in nearly any endeavor from selling at local farmers markets to mixing in with your home made smoothies You will learn what wheatgrass does for you and your body providing the necessary energy you need to lose weight and helping to fight illness by boosting your immune system You will learn how to grow your own wheatgrass and how chlorophyll functions within wheatgrass reducing environmental hazards cleaning your blood with unique enzymes improving liver function and deodorizing the body Annual Technical Report Aberdeen Plant Materials Center (U.S.),2000 **Handbook of Turfgrass Management and Physiology** Mohammad Pessaraki,2007-10-09 A multibillion dollar industry that has tripled in the last ten years turfgrass management plays an important role in landscaping golf courses and other sports surfaces Proper management and cultural practices are crucial for the performance of these versatile grasses creating a demand among scientists researchers and industry professionals *The Complete Guide to Growing and Using Wheatgrass: Everything You Need to Know Explained Simply, Including Easy-To-Make Recipes* Loraine Degraff,2011-03 Wheatgrass that simple green plant you see growing above the counter in your favorite smoothie shops is one of the most versatile intrinsically useful vegetable matters available to you It can be blended into almost anything grows in any temperate or warm climate and is chock full of so many vitamins and fiber that it can take the place of up to two or three servings of vegetables every day if used properly More and more people are taking advantage of this highly useful plant and growing it themselves but for many the lack of instruction and direction can lead to frustration and confusion over how the plant is supposed to be grown and what it needs to thrive This book guides you through the process of not only growing but successfully cultivating wheatgrass for your own personal use in nearly any endeavor from selling at local farmers markets to mixing in with your home made

smoothies You will learn what wheatgrass does for you and your body providing the necessary energy you need to lose weight and helping to fight illness by boosting your immune system You will learn how to grow your own wheatgrass and how chlorophyll functions within wheatgrass reducing environmental hazards cleaning your blood with unique enzymes improving liver function and deodorizing the body The nutritional benefits of wheatgrass are outlined in detail for anyone who wants to benefit from them including the vitamin contents and comparisons to other super foods The minerals amino acids cancer fighting aspects and weight loss potential of wheat grass are outlined in detail for you alongside instructions on how to grow and juice your own wheatgrass regardless of where you live Top wheatgrass growers and experts have been interviewed and have provided their take on how you can start using it to cleanse your body and increase your nutritional intake every day For anyone who has ever considered wheat grass s super food potential for their greenhouse or garden this guide is everything you need Atlantic Publishing is a small independent publishing company based in Ocala Florida Founded over twenty years ago in the company president s garage Atlantic Publishing has grown to become a renowned resource for non fiction books Today over 450 titles are in print covering subjects such as small business healthy living management finance careers and real estate Atlantic Publishing prides itself on producing award winning high quality manuals that give readers up to date pertinent information real world examples and case studies with expert advice Every book has resources contact information and web sites of the products or companies discussed

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