



Growing and Using Stevia: The Sweet Leaf from Garden to Table with 35 Recipes

By Jeffrey Goettmoeller, Karen Lucke

Prime Books, United States, 2008. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Grow Your Own Sweet Herb! Stevia rebaudiana is a natural, low-glycemic, low-calorie alternative to sugar and artificial sweeteners. Growing and Using Stevia is your complete stevia guide from garden to table, with chapters about propagating, growing, and harvesting stevia, indoors and out. Enjoy your harvest with 35 delicious recipes developed in the Lucke and Goettmoeller kitchens. Learn how to: Start stevia from seeds, cuttings, or transplants. Grow stevia in your garden or in containers. Harvest leaves and make your own green powder or liquid stevia extract. Use homegrown stevia in pies, frozen desserts, herb tea, smoothies, more! .one of our favorites. It's simple and all in one. You get the facts, recipes, and how to grow it. The price is economical and we are happy to offer it along with live plants and other stevia products. -Marshall Judy Ayer; Ayer Natural Market Greenhouse; Bluford, IL Jeffrey Goettmoeller and Karen Lucke are siblings who grew up gardening and enjoying wholesome home cooking. Karen is now a nutritionist and reflexologist. Jeffrey is the author of Stevia Sweet Recipes: Sugar-free-Naturally!, with over 300,000 copies in...



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Reviews

This written publication is wonderful. It really is loaded with knowledge and wisdom You will not really feel monotony at at any time of your time (that's what catalogues are for relating to if you ask me).

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Absolutely essential go through publication. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of the time (that's what catalogues are for regarding if you ask me).

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