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# 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

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## 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.

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