



# Sprouts

## *The Benefits of Growing and Eating Sprouts*

- 1) Sprouts are a quick, enjoyable, easy and inexpensive way to have a regular supply of organic greens throughout the year. They will grow indoors in any climate and require very little space.
- 2) Sprouts are good sources of vitamins A, B complex, C, D, E, G, K and U. They contain the minerals calcium, magnesium, phosphorus, potassium, sodium and silicon in a form that the body is easily able to utilize. The nutrients in grains, seeds and legumes increase when they are sprouted.
- 3) Sprouted grains and legumes provide all eight essential amino acids, which are easily absorbed when sprouts are eaten.
- 4) Sprouts are very high sources of enzymes which are catalysts that initiate and control the body's chemical reactions. Cancer is often thought of as a disease of enzyme deficiency.
- 5) Because they have a high level of simple sugars, sprouts are a good source of quick energy.

## How to Make Sprouts

### *What You Will Need:*

- 10 glass jars, either mason jars or larger ones with a wider mouth
- screen mesh or cotton unbleached cheesecloth to cover the mouths of the jars
- 10 wide rubber bands to secure the mesh or cheesecloth
- dish drainer to angle the jars in upside down to drain between rinses
- filtered water
- organic untreated seeds — broccoli, red clover, alfalfa, mung bean etc.

## *The Sprouting Process:*

The sprouting process consists of the following 4 stages:

### **1. The Dry Stage:**

Store the seeds in sealed glass container in a cool, dry place, such as the refrigerator, freezer or root cellar. This lengthens their shelf life. Only raw seeds will sprout.

### **2. The Soaking Stage:**

Nuts, seeds, grains, beans and legumes should be soaked before sprouting and ideally before use. This step removes enzyme inhibitors from the seeds and is the incubation period before sprouting. If seeds are soaked longer than 12 hours, the water should be changed. See the sprouting chart below for guidelines as to how long particular seeds need to be soaked. Measure out the correct amount of seed and place it a glass jar. Add at least twice the amount of water as seed. Soak for the prescribed length of time.

### **3. The Sprouting Stage:**

When the seeds have soaked for the correct length of time, pour off the cloudy water or feed it to your house plants. Rinse the seeds again. Place the jar so that the seeds stay well-drained yet moist. They need adequate air circulation, and are best kept warm and in a dark or semi-dark location during the germination and initial sprouting stages. Rinse and drain the growing sprouts at least every 12 hours. In summer heat, rinse in cool water every 6 hours. Broccoli and cabbage sprouts tend to mold easily and should be rinsed every 4 hours. A few drops of food grade hydrogen peroxide can be added to the rinse water to deter mold.

### **4. The Greening Stage:**

When the sprouts have developed their first 2 leaves, place them in strong indirect sunlight for 1–2 days to green them up. Broccoli sprouts have the highest amount of sulforaphane at 3 days, so would ideally be eaten at this time.

## *Sprouting Chart*

Listed on the opposite page are some of the more common seeds to sprout. The asterisk\* denotes the most popular choices.



• Sprouting Chart •

Seed Type	Dry Measure	Soak For	Sprout For	Yields	Length at Harvest	Tips
Pumpkin	1 cup	4 hrs	24 hrs.	2 cups	1/8"	
Sunflower*	1 cup	4 hrs	24 hrs.	2½ cups	¼"-½"	
Adzuki bean*	½ cup	8 hrs	3 days	4 cups	1"	pressure NB
Mung*	½ cup	8 hrs	4 days	4 cups	2"	pressure NB
Chick peas*	1 cup	12 hrs	3 days	4 cups	1"	good protein
Lentils*	¾ cup	8 hrs	3 days	4 cups	1"	whole bean
Green peas	1½ cup	8 hrs	3 days	4 cups	1"	
Pinto beans	1 cup	12 hrs	3 days	4 cups	1"	
Alfalfa*	3 tbsp	5 hrs	5 days	4 cups	2"	delicious
Broccoli*	3 tbsp	5 hrs	3 days	3 cups	1½"	spicy
Cabbage	3 tbsp	5 hrs	5 days	4 cups	1½"	
Fenugreek	¼ cup	6 hrs	5 days	4 cups	2"	rids mucous
Mustard	3 tbsp	5 hrs	5 days	4 cups	1½"	spicy
Onion	¼ cup	5 hrs	5 days	3 cups	1½"	
Radish	3 tbsp	6 hrs	5 days	4 cups	2"	spicy
Turnip	3 tbsp	6 hrs	4 days	4 cups	1½"	
Red clover*	3 tbsp	5 hrs	5 days	4 cups	2"	good taste

Beans and legumes should be soaked in very warm water to convert starches to complex sugars.  
 Small vegetables should be soaked in cool water.  
 Broccoli and cabbage sprouts should be rinsed 3 times daily to prevent mold.

**Growing Baby Greens in Soil**

Some seeds are better grown in a thin layer of soil. These include wheatgrass, sunflower baby greens and buckwheat greens. Wheatgrass must be juiced because its fiber is indigestible. It acts as a powerful stomach, liver, pancreas, and circulatory cleanser. It is a rich source of minerals and is abundant in vitamin B17, more commonly known as laetrile, which has proven anti-cancer activity. It is composed of 70% chlorophyll after the water is extracted. Ideally, wheat grass juice should be used within 30 minutes after being pressed. Because it is so cleansing,

wheat grass juice may cause nausea after drinking as little as one oz. One should start with a small amount daily and then increase to 2-4 ozs daily. Sunflower greens contain all the essential amino acids and are considered a complete food. They have a high amount of vitamin D which helps to prevent breast cancer and are rich in chlorophyll. They act as an excellent cleanser and rebuilder and have a delicious nutty taste. They make a lively addition to salads, sandwiches, and soups.