

SPROUTING is easy.

In 3-4 days, you can grow a highly-nutritious, fresh garden in your kitchen to supplement your diet. A wide variety of things can be sprouted: wheat, alfalfa, barley, buckwheat, corn/popcorn, millet, oats, cabbage, kale, pumpkin, radish, sunflower, soybeans, garbanzo, mung beans, lentils, peas, adzuki and more. You can also grow "wheat grass" to provide more green nutrition.

Note: Sprouts of large beans (black, kidney, pinto, navy, etc.) do not soften up and do not have a good raw flavor. According to some experts, do not sprout kidney beans or soy beans; they are toxic when sprouted.

The beans/seeds can provide many times their weight in produce. Eat them like lettuce - alone, or in salads, sandwiches, soups, pancakes, bread, etc. Sprouting trays can be purchased, but you can start sprouting with just a quart jar. In any case, the same instructions apply, as follows:

- Determine the amount of beans/seeds you need for your particular sprouter. They will expand a lot, so only a few tablespoons will create a large amount. A quart jar would just use a couple of tablespoons. A larger square sprouter might use 4-5 Tablespoons per tray. A 6-inch diameter stackable sprouter might use 3-4 tablespoons per tray of beans, or one tablespoon of a small seed.
- Put the total amount you will use for all your trays or equipment into a bowl with plenty of water (several inches above the seeds).
- Let soak overnight, away from light. Then pour off the soak water.
- Distribute the seeds into the "sprouter" you're using. Spread out seeds. Cover with a dishtowel or put in a darkened cupboard for 3-4 days.
- EACH DAY: Rinse with cool water 2-3 times each day until they are ready to eat (for smaller seeds like alfalfa, it will be when little leaves are growing). Do not let the seeds sit in standing water. Drain it mostly all off. Most beans and seeds will be ready to eat in 3-4 days.
- If you are sprouting smaller seeds that grow little leaves (e.g., alfalfa), the leaves will be yellowish from being in the dark. When you are ready to eat them, put them under a lamp or in the sun (cover with clear plastic is a good idea) for a few hours, and they will green up. It even works just leaving them on a counter out of direct sun. Legume sprouts will be eaten before they produce leaves.
- For smaller seeds, pour sprouts into a large pan or bowl. Nearly fill with water. The hulls will rise to the top and some will drop to the bottom. Skim off hulls. Drain sprouts. For legumes (which are larger - beans), the hulls can be eaten right along with the larger sprout that grows out of them.
- They will stay fresh for a week or more if rinsed each day and placed in a sealed container or zip lock bag.

Note that **sprouting seeds must be aerated a couple of times a year or they will not sprout** . Pour the sprouting beans and seeds from one container to another several times in order to aerate. If you have beans or seeds that have been sealed with a oxygen-removing packet, they will not sprout properly.



SOAK OVERNIGHT – RINSE TWICE A DAY – ON DAY 3 OR 4, EAT! EASY!