SPROUTS

ALFALFA

Alfalfa sprouts are rich in vitamins, minerals and plant estrogen. They are good for arthritis, diabetes, ulcers. Alfalfa sprouts are a blood builder (they lower LDL, the bad cholesterol and raise HDL, the good one).

BROCCOLI

One ounce of broccoli sprouts provides anti-cancer protection equivalent to two pounds of head broccoli.

BUCKWHEAT LETTUCE

Buckwheat sprouts are rich in chlorophyll, vitamins A and C, calcium and lecithin. They are great for detoxifying, circulation, lowering cholesterol, fighting plaque, and boosting the immune system.

CLOVER

Clover sprouts are rich in calcium, magnesium, vitamins, flavonoids, and other minerals. They are anti-spasmodic, good blood purifiers, and work as sedatives and nerve relaxants.

FENUGREEK

Fenugreek sprouts are rich in vitamin E, iron, sulfur and other minerals. They are good for arthritis and bronchitis and milk production (in breast-feeding mothers). Fenugreek sprouts reduce triglycerides and cholesterol and help support blood sugar levels in diabetes.

GARBANZOS CHICKPEAS

Garbanzos are rich in fiber and great for regulating insulin production, lowering blood pressure, and lowering cholesterol.

MUNG BEANS OR MIXED BEANS

Bean sprouts are rich in fiber, help regulate insulin, and lower blood pressure and cholesterol. They are good hair and nail builders.

ONIONS

Onion sprouts are considered cancer retarders and mucus cutters.

PEA GREEN SHOOTS

Pea greens are rich in fiber and excellent for strengthening the kidneys and prostate. They also help in cancer prevention and help support blood sugar levels in diabetes.

RADISH

Radish sprouts are rich in chlorophyll, vitamins A, B1, B6, C, niacin, pantothenic acid, potassium, iron, and phosphorus. They are good for colds, asthma, bronchitis, sinus congestion, and for the kidneys and bladder.

SPICY

Spicy sprouts are excellent circulatory strengtheners.

SUNFLOWER GREENS

Sunflower sprouts are so rich in trace minerals and nutrients that they are often considered as a "complete food." They are rich in protein, chlorophyll, vitamins A, B, E and D. Sunflower sprouts are also a good source of phosphorus, potassium, calcium, and magnesium.

WHEATGRASS

Wheatgrass is an excellent source of chlorophyll, vitamin B and E, calcium, potassium, magnesium. The juice is excellent in blood purification, liver detoxification, colon cleansing and much more.

SPROUTING

TWO WAYS TO SPROUT

There are two ways to grow sprouts, in soil, and without soil. The advantage of growing sprouts without soil is that it is much quicker and easier than growing in soil; you can easily do it in your kitchen. The advantage to growing with soil is that you get much more food, chlorophyll, and nutrition than without soil. Some sprouts with tiny seeds like alfalfa, clover, chia, broccoli, onion, mustard, and others can be sprouted in soil or without, but they should be grown into greens to get sufficient bulk and nutrition. The preferred sprouts below are preferred because of ease of sprouting, balanced nutrition, healing properties, and taste. See your resources list for sprouting seed suppliers. Our favorite is Jaffee Brothers (organicfruitsandnuts.com) in California. They have high quality seeds that always sprout and never mold in proper conditions.

PREFERRED SEEDS FOR SPROUTING WITHOUT SOIL

These are preferred because they are easy to sprout, taste great, and have a good mix of nutrition:

- mung (easy, tastes good)
- green lentils (easy, tastes good)
- fenugreek (easy, bitter taste but also some sweetness, nice if not overdone. Blood purifier, great for cancer.)
- green peas (sweet, tasty, easy, and filling)
- adzuki
- Chickpeas (garbanzos) (soak overnight at room temperature, then sprout in the fridge to avoid spoiling)

PREFERRED SEEDS FOR SPROUTING IN SOIL

- black oil sunflower (high protein, tastes great. Black oil make fatter sprouts than striped)
- buckwheat (lemony, doesn't last as long as sunflower in the fridge)
- green peas (cut while young and tender, less than 6 inches high. After that they get tough, but then you can stir fry them with garlic and Bragg's Aminos and they're great).
- wheatgrass only use it when cleansing to avoid burnout on the taste

SPROUTING TIPS

If sprouting without soil, mung, adzuki, green lentils, fenugreek, green peas, and similar legumes are easy, see Ken Rohla’s raw food recipe video on those. Chickpeas (garbanzos) should be soaked at room temperature and sprouted in the fridge to avoid spoiling. Don't sprout soy, it disrupts hormones, is hard to digest, and is almost always genetically engineered.

Small seeds like alfalfa, broccoli, chia, clover, onion, and radish, all grow thin and tall like alfalfa. You can grow them without soil in a pie pan with small holes punched in the bottom for drainage, or in a tray with window screen in the bottom, raised above the drainage water. The trick is to keep them rinsed 3 times a day, no less. Soak them in a screen bag overnight, then rinse and spread about 3/16 inch deep in the pan bottom. Cover loosely with a piece of plastic wrap; they need some air but can't be left open to dry out. These all can be grown in trays of soil too.

AVOIDING MOLD

The trick to not getting mold on your soil-grown sprouts:

- Do not soak seeds too long. Most seeds only need to be soaked 8 hours or so. Soaking longer makes them begin to ferment, and the fermentation bacteria will produce mold in soil. If this happens, rinse the seeds well, with acid water from a water ionizer if possible, before planting. Then water with acid water when growing if possible.

- Use good truly organic soil or compost, not the stuff in bags at home centers and nurseries. Molds and fungi are nature's garbage eaters, they eat toxins in the environment and break them down into nontoxic substances. Bagged soil, composts, and potting mixes almost always have wetting agents (chemicals) animal waste from conventionally farmed animals (which contains pharmaceuticals and a host of other chemical toxins). Get your soil or compost from an organic grower, or make your own by throwing your yard and vegetarian kitchen waste onto a pile under a tree in your yard and let it rot into compost. No need for complicated composting bins, etc. just let it rot, and have two or three piles going, one that is rotting, and one that is ready-to-use compost. Bunnell Organics (see Resources section) has fantastic biodynamic compost; it's pricey if you buy small bags, but you can get a tractor scoop full for $60.

- Soak sprouts in alkaline water, once growing, water them with acid water.

- Grow your sprouts in air conditioning if possible. Cool dry air radically reduces the chance of mold. Warm most environments promote mold.

DRY SEED STORAGE

Store raw nuts, seeds, grains, beans, and legumes in a sealed container in a cool, dry place (refrigerator and freezer are best). This lengthens dry storage life. Remember, only raw seeds will sprout.

SUPPLIES NEEDED

For soil-less sprouts in your kitchen, see Ken Rohla's raw food recipe DVD for kitchen sprouting instructions.

For sprouts in soil, you'll need:

- 10" x 20" growing trays with slotted holes in bottom (can get them free from most nurseries)

- high quality organic soil or compost (those labeled "organic" in home centers are not organic, unless labeled "certified organic)

- pure water

- plastic boxes and/or lids a little larger than the trays that can be used to catch drainage water from trays. Storage boxes from home centers or office supply stores work well.

- Small rocks or 8" to 10" long pieces of 1/2-inch plastic plumbing pipe or other material to elevate trays about 1/2 inch.

STEPS FOR SPROUTING IN TRAYS OF SOIL

1. Measure seeds. For the recommended seeds for soil above, use 2 cups of dry seed per 10" x 20" tray.

2. Soak seeds in pure water for about 8 hours. Overnight soaking is easiest, do not soak longer than 12 hours or fermentation will begin which will produce mold. Soaking in alkaline water from a water ionizer is best.

3. Drain and rinse seeds well.

4. Fill tray about 1-1/2 inch deep with soil or compost.

5. Spread seeds on top of soil about 3/16-inch deep to completely cover the soil.

6. Place small rocks or 1/2-inch plastic plumbing pipe inside bottom of plastic drainage box to set growing tray on. This will elevate growing tray out of drained water and reduce likelihood of mold.

7. Place trays in drainage box on top of rocks or plastic pipe, and water the sprouts and soil well.

8. Cover seeds with an empty tray. Lay an empty tray inside the tray with soil on top of the seeds to shade them. Shading the sprouts will prevent them from growing too fast and getting too "leggy" or stringy and weak.

9. Water the seeds at least twice daily, preferably three times, morning, afternoon or after work, and before bed.

10. Let the seeds grow until they push the top tray above the bottom tray's edge, then remove the top tray. Continue watering two or three times a day. IMPORTANT: See the Avoiding Mold section above.

11. Harvest sprouts when leaves split in two. Usually around day 7 to 10, the leaves will begin to split into two leaves. That's your signal to harvest. Harvest by cutting the sprouts close to the soil with a sharp knife, not scissors (scissors waste and tear the sprouts).

SPROUTING SUPPLIES AND EQUIPMENT

Try nurseries for free growing trays, office supply houses for drainage boxes, and Jaffee Brothers (www.organicfruitsandnuts.com) or Handy Pantry(www.handypantry.com) for seeds. Check other sources online, or these:

The Sprout House
138 Elm Street
Saugerties NY 12477
800-777-6887
info@sprouthouse.com
www.sprouthouse.com
Good sprouting racks

Sproutman (Steve Myerowitz)
PO Box 1100
Great Barrington, MA 01230
413-528-5200
www.sproutman.com