

Grow Your Own Sprouts!

Growing your own sprouts is not just for hippies anymore! Homegrown sprouts are an inexpensive and important source of nutrients for anyone with a jar and a piece of window screen.

NUTRITIONAL BENEFITS:

good source of protein

3 to 5 times the vitamin content of the seed they sprouted from

½ cup of most sprouts contains more vitamin C than 6 glasses of orange juice

Powerful antioxidants and enzymes

Easy to digest

Good source of B-complex vitamins

SUPPLIES

a mason-type jar, a piece of cheesecloth (or window screen) and mason jar lid ring, and the seeds, beans, grains, or nuts you wish to sprout

SETTING UP

Pour a couple of layers of your choice of sprout-able into the jar, and cover with several inches of water. Cover the mouth of the jar with the cheesecloth (or window screen) and screw the ring-shaped lid over the mesh. (if no ring lid, use elastic band to seal the cloth over the opening of the jar). Let the seeds soak overnight (up to 24 hours for large beans, garbanzos, and nuts)

DAILY CARE

In the morning, turn the jar over the sink, letting all of the water drain off. Then fill the jar with fresh water and immediately re-strain. Sit the jar on its side for the day and repeat the rinsing process 2-3 times per day for the next 4-6 days. Store the sprouts in the refrigerator. Sprouts are quite perishable and need to be eaten within a week.

SPROUT-ABLES

alfalfa , mung bean, sunflower, red clover, almonds, garbanzo beans (chick peas)