

SPROUTING



At a time when most of our food is imported and grown using large-scale industrial methods, sprouting offers a year-round, enviro-friendly low-cost, alternative for fresh, nutrient-dense micro-greens. Most seeds can be sprouted and eaten but avoid sprouting any seeds from plants that may have poisonous parts. Common seeds for sprouting include alfalfa, fenugreek, lentils, peas, radish, mung beans and red clover. Less

common seeds include cabbage, broccoli, garbanzos, mustard seed, and quinoa. Sprouting seeds can be purchased at your local health food store or from online retailers.

Sprouting Basics – The Jar Method

Here are step-by-step instructions on sprouting in a jar. To get started, you will need:



- 1 clear jar (i.e. a mason jar) of either 500 ml or 1L capacity
- 1 piece of cheesecloth or nylon screen
- 1 rubber band
- 1 bowl
- Food grade hydrogen peroxide (optional- used for destroying potential bacteria/mold)
- Sprouting seeds (Do not use commercial garden seeds for sprouting- they may have been coated with chemicals to inhibit moisture/germination. Only use seeds you have grown or purchase sprouting seeds)

Step 1: Rinse and pre-soak your seeds. Dry seeds are dormant until they are exposed to moisture. Most seeds require 2-8 hours of pre-soaking to deactivate enzyme inhibitors and phytic acid (both naturally occurring) and to release all the stored nutrients.

Step 2: Drain and rinse seeds, ensuring that no water remains (cover the jar with the nylon screen or cheesecloth to ensure no seeds are washed down the drain)

Step 3: Prop the jar of seeds in a bowl at a 45 degree angle in a sunny or light-filled room.

Step 4: Rinse and drain seeds 1-2 times daily until sprouts reach about ¼ to ½ inch long.

Step 5: Remove sprouts from the jar, rinse thoroughly (using food-grade hydrogen peroxide if needed, diluted 1:20) and dry thoroughly using a paper towel.

Step 6: Store in a sealed container in your fridge for up to 3 days (best if eaten immediately)

Great Ways to Serve Sprouts

- Mix into coleslaws, green or potato salads (cabbage, clover, radish, mung bean, lentil)
- Add to wraps and sandwiches (alfalfa, clover, sunflower, radish)
- Blend into fruit or vegetable shakes and juices
- Puree into sandwich spreads like hummus or patés (lentil, radish, red clover)
- Stir into soups or stews just prior to serving- do not cook sprouts or their enzymes will be destroyed by the heating process)

Sprout Nutrition

Sprouts are nutrition powerhouses, chock full of vitamins, minerals and other micro-nutrients including chlorophyll which is a great blood detoxifier and closely resembles human blood plasma. Each seed contains all the nutrition and energy it needs to become a fully grown plant, which is what you benefit from each time you eat a sprout!

SPROUT	PROTEIN	VITAMINS	AMINO ACIDS	MINERALS	MORE
Alfalfa	35%	A, B, C, E, K		Calcium, Magnesium, Potassium, Iron, Zinc	Carotene (equal to carrots Chlorophyll)
Adzuki	25%	A, C, E	All except Tryptophan	Iron, Niacin, Calcium	
Buckwheat	15%	A, C, E		Calcium	Lecithin
Clover	30%	A, B, C, E		Calcium, Magnesium, Potassium, Iron, Zinc	Trace Elements
Fenugreek	30%	A		Iron, Niacin, Calcium	Digestive Aid
Garbanzo	20%	A, C, E		Iron, Calcium, Magnesium	
Lentil	25%	A, B, C, E		Iron, Calcium, Phosphorus	
Mung Bean	20%	A, C, E		Iron, Potassium	
Pea	20%	A, B, C	All Essential		Carbohydrates
Radish	Yes	C		Potassium	Chlorophyll
Sunflower Greens	Yes	B Complex, E		Calcium, Iron, Phosphorus, Potassium, Magnesium	Chlorophyll
Wheat & Rye	15%	B Complex, C, E		Magnesium, Phosphorus	Pantothenic Acid, Carbohydrates

Chart Source: <http://sproutpeople.org/sprouts/nutrition.html>

Helpful Sprouting Resources:

Mumm's Sprouting Seeds: <http://sprouting.com/>

Mumm's is the most well-known supplier of sprouting seeds in Toronto. The website has helpful tips, links to sprouting information and options for online bulk seed purchasing.

The Sprout People: <http://sproutpeople.org/>

A U.S.-based company. Their website also contains plenty of information on sprouting.

Non-GMO Project: <http://www.nongmoproject.org/>

The Non-GMO Project is a non-profit organization committed to preserving and building sources of non-GMO products, educating consumers, and providing verified non-GMO choices.

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