

WORLD'S MOST NUTRITIOUS VEGETABLES



For more information about sprouting, look for these books by Steve Meyerowitz
www.Sproutman.com

HOW TO GROW SPROUTS

SEEDS. Obtain high germination (90%+), organic seeds, labeled "for sprouting."

SOAKING. Soak seeds in pure drinking water for 8-10 hours or until soft.

RINSING. Rinse the tray-grown sprouts by showering with lots of water. Rinse the jar and bag sprouts by filling or immersing. Rinse twice daily, for at least 30 seconds and no more than 12 hours apart. A third rinse is beneficial in hot weather.

LIGHT. Green leafy tray-grown sprouts need daylight, but avoid direct sun which can overheat them. Most baggie sprouts can be grown in the dark, but darkness is not required.

HARVESTING. Grab tray sprouts mid way down the stalks and yank upward.

STORAGE. Once mature, store your sprouts in the refrigerator, ideally right in the grower. Plastic bags suffocate these living plants. Rinse once every 3 days to maintain moisture. Leafy green sprouts generally keep in fridge for 7-14 days after maturity depending on variety and season. Bean/legume sprouts last 10-21 days. Store dry seeds in glass jar with sealed lids. Keep in a cool place, ideally away from heat and light.

MIXTURES. Mix seeds with similar growing times or same family. Not recommended for beginners.

TYPES OF SPROUTERS

TRAY. Tray sprouters can be round or rectangle with holes or grids on the bottom. They enable leafy sprouts like alfalfa and sunflower to grow straight and tall and receive maximum light.

JAR. Jars were the original sprouter. Although they still work, they are deficient in drainage and air circulation. Any seed that can grow in a jar, can grow in a sprout bag or tube.

BAG. Sprout bags are a superior alternative to the plain jar. They are natural fiber sacks which provide air-circulation and drainage on all sides. Bags require less handling than jars and can hang to save precious kitchen space.

TUBE. A plastic jar-like device with top and bottom perforated covers for better air circulation and drainage. Use instead of jars.

AUTOMATIC. These electric tray sprouters automatically rinse wheatgrass and sprouts.

NUTRITION FACTS



Broccoli sprouts contain sulforaphane, a proven cancer protectant that is 50 times higher in the sprout than in the broccoli.

(Johns Hopkins Univ.)

HUNDREDS OF RECIPES

Breakfast • Dressings
 Juices • Crackers • Soups
 Veggie Burgers • Dips
 Dairies • Cheeses
 Smoothies

Sprouted Green Pea Melt
 Sprout green peas for 4 days. Steam at low temp for approx. 30+ minutes or until soft. Pour out the water, add a non-dairy (milk) to cheese and salt to taste. Green pea sprouts have more protein than steamed.

Sproutmans Turn The Dial Sprout Chart

D Kirk

A light blue horizontal bar with a rounded right end, partially overlapping a red circular graphic. The bar is positioned in the upper left quadrant of the slide. The red graphic is a semi-circle or a portion of a larger circle, with a gradient from red to white.

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