

Sprouting Sprouts.com

Presents



THE ULTIMATE SPROUTING E-BOOK (FREE MINI GUIDE)

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WHAT ARE SPROUTS?

Sprouts are produced when seeds start growing into vegetables. Sprouts can be grown from any plant. Common sprout seeds available for consumption include:

- Adzuki
- Alfalfa
- Broccoli
- Brown Mustard
- Buckwheat
- Cabbage
- Chia
- Clover
- Fenugreek
- Garbanzo
- Garlic
- Green Pea
- Hard Wheat
- Hulled Sunflower
- Radish
- Kale
- Kamut
- Lentil
- Mung
- Onion
- Pea Lettuce
- Peanut
- Rye
- Soft Wheat
- Soybean
- Spelt
- Sunflower
- Wheatgrass

Each sprout has its own flavour and texture profile. Try different sprouts and see which one you like. Clover, radish and onion sprouts for example are spicy. They are paired well with dishes that need an extra kick.

WHY YOU NEED TO SPROUT

Sprouts are a highly nutritious food. Rich in enzymes, vitamins, minerals, phytochemicals, amino acids, iron, protein, chlorophyll, potassium, calcium and more, it's no wonder they are superfoods.



Sprouts are essential to cleansing the body, tissue regeneration and disease prevention; they support and enhance the general functioning of all organs.

Recent research tells us that broccoli sprouts, just to look at one example, contain 20 to 50 times more of the antioxidant sulforaphane, a cancer fighter, than mature broccoli.

Did we forget to mention that sprouting is an extremely cheap form of healthy food? It costs just pennies per cup of sprouts. This leads to our list of...

10 REASONS WHY YOU NEED TO SPROUT

1. **ECONOMICS:** Seeds can multiply 7-15 times their weight. At \$4.00/lb. for seed, that yields 26 cents for a pound of fresh sprouted indoor-grown organic greens!
2. **NUTRITION:** Sprouts are jam packed with nutrition because they have a greater concentration of proteins, vitamins and minerals, enzymes, RNA, DNA, bio-flavinoids, T-cells, etc., than at any other point in the plant's life!
3. **ORGANIC:** You don't have to worry about pesticides, synthetic fertilizers or fumigants when you're growing sprouts! Your sprouts will be organic!
4. **AVAILABILITY:** No matter where you are, or what time of the month it is, growing sprouts is possible!
5. **SPACE & TIME:** Growing sprouts is easy and doesn't require much space or time! Just add water!
6. **FRESHNESS:** Eat them at their peak of freshness and nutrition. There is no exposure to pollution in transportation or loss of nutrients when they're sitting in warehouses or grocer's shelves.
7. **DIGESTIBILITY:** As baby plants, their delicate cell walls easily release elemental nutrients. Abundant enzymes make them easy to digest even for those with weak digestion.
8. **VERSATILITY:** More varieties of salad greens than on the supermarket shelves. There is a huge variety of sprouts from buckwheat to onion to garlic and sunflower!
9. **MENUS & MEALS:** Make a wide variety of food from sprouted bread, to hummus dip and even sprouted wheat pizza!
10. **ENVIRONMENTALLY FRIENDLY:** Your food didn't have to travel across the country or the sea for you. It's straight from your kitchen! Sprouting seeds can easily be purchased locally.

HOW DO I SPROUT?

Buy Seeds - The seeds you buy should be organic and labelled for sprouting. Click <http://www.sproutingsprouts.com/sprouting-seeds> to buy and choose from a wide variety of organic sprouting seeds. You can mix seeds with similar growing times or from the same family, but this is not recommended for beginners.

Buy Your Sprouter – Depending on which types of seeds you are sprouting, a different sprouter is recommended. Click <http://www.sproutingsprouts.com/sprouters> to buy and choose from a wide range of high quality sprouters.

Soak the Seeds - After you figure out which type of sprouter you need, soak the seeds in pure drinking water for 8-10 hours until soft.

Rinse the Seeds - Unless you are using an automatic sprouter, you need to rinse the sprouts 2-3 times a day for at least 30 seconds and no more than 12 hours apart. Make sure you rinse more thoroughly in hot weather.

Give them Light – Green leafy tray grown sprouts need daylight but avoid direct sun as it can overheat them. Most jar and bag sprouts can be grown in the dark, but darkness is not required.

Harvesting the Sprouts – Depending on which method you use you will harvest the sprouts differently. Using the tray method for example, depending on what type of sprouts you are growing, may create a nice group of sprouts that you can remove by gently extracting as one sheet. With jar sprouters on the other hand you only need to open the lid and tilt all the sprouts out.

Storing Sprouts Properly – 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 the fridge for 7-14 days after maturity depending on variety and season. Bean/legume sprouts last 10-21 days.

That's all there is to sprouting! Below is a chart on the most common sprouts including taste, amount to sprout, method to use, duration of days before the sprouts are ready and special instructions. You can print this chart off and put it on the fridge so you can easily access it whenever needed in the kitchen.



A BASIC SPROUTING CHART

Sprout	Taste	Amount to use	Method	Amount of days ready	Special Instructions
Adzuki	Crisp and crunchy	1 cup	Bag or jar	4-5 days	
Alfalfa	Mild	4-5 tbsp	Tray	3-6 days	
Amaranth	Mild	5 tbsp	Tray	3-5 days	Rinse the sprouts 4 – 6 times a day to speed up sprouting process.
Broccoli	Strong and crispy	2-3 tbsp	Tray	5-6 days	
Brown mustard	Spicy	2-3 tbsp	Tray	5 days	
Buckwheat	Soft	5 tbsp	Tray	10 days	Don't oversoak. Rinse until water is clear.
Cabbage	Strong, crispy	2-3 tbsp	Tray	5-6 days	
Chia	Mild with gelatine	3 tbsp	Clay	12 days	
Clover	Spicy	4-5 tbsp	Tray	6-7 days	
Fenugreek	Strong and crispy	4-5 tbsp	Tray	7-8 days	
Garbanzo	Mild and crunchy	2 cups	Bag or jar	4 days	
Garlic	Potent, garlic-like	2-3 tbsp	Tray	12 days	
Green pea	Hardy and big	2 cups	Bag or jar	4-5 days	
Hard wheat	Sweet and crunchy	2 cups	Bag or jar	2-3 days	
Kale	Strong and crispy	2-3 tbsp	Tray	6 days	
Kamut	Hardy and crunchy	3 cups	Tray or bag	3 days	
Lentil	Crisp and crunchy	1 cup	Bag or jar	4-5 days	
Mung	Crispy, crunchy and mild	1 cup	Bag or jar	5-6 days	Rinse at least 3 times a day.
Onion	Strong, onion-like	2-3 tbsp	Tray	12 days	
Peanut	Hardy	1 cup	Bag or jar	4-5 days	
Pea lettuce	Mild and crispy	5-6 tbsp	Tray	8-9 days	
Radish	Potent, Radish-like	2-3 tbsp	Tray	5-6 days	
Rye	Crunchy and hardy	2 cups	Bag or jar	2-3 days	
Spelt	Sweet and crunchy	2 cups	Bag or jar	3 days	
Soft wheat	Sweet and crunchy	2 cups	Bag or jar	2-3 days	
Soybean	Hardy	2 cups	Bag	4 days	
Sunflower	Nutty	1 cup	Bag or jar	2 days	
Wheatgrass	Strong	2 cups	Tray or tray w/ soil	12 days	Wheatgrass must be juiced

WAYS TO EAT SPROUTS

- Add to tossed salads or make a sprout salad
- Use in coleslaw (cabbage, clover, radish)
- Try in wraps and roll-ups (alfalfa, sunflower, radish)
- Stir-fry it with other vegetables (alfalfa, clover, radish, mung bean, lentil)
- Mix with soft cheeses, tofu, yogurt or kefir for a dip (mung bean, radish)
- Stir into soups or stews when serving (mung bean, lentil)
- Add it to sushi (radish, sunflower)
- Pair it with a main course as a side dish
- Blend with vegetable juices (cabbage, mung bean, lentil) or juice it plain (wheatgrass, broccoli, alfalfa, pea lettuce, kale, sunflower, radish, garlic, buckwheat, cabbage)

SPROUT RECIPES

Spanish onion, Sprout, Tomato and Lettuce Salad



- 1 Spanish onion, thinly sliced
- 1 tbsp raw sugar
- 4 vine-ripened tomatoes, cut into wedges
- 60 ml (¼ cup) brown rice vinegar
- 2 tbsp shoyu or soy sauce
- 1 cup of sprouts (your choice)
- ½ iceberg lettuce, coarsely torn
- 80 ml (1/3 cup) extra-virgin olive oil
- 2 handfuls of pine nuts

Combine onion, sugar and 2 tsp sea salt in a bowl, then let the onions marinade for 30 minutes with the sugar and salt. Add the remaining ingredients into the bowl, toss to combine and serve. Make sure to garnish the top of the salad with sprouts. This recipe will serve 3-4.

Mixed Fruit, Yogurt and Sprout Shake

- 1 banana, chopped
- 1 cup kefir or plain unsweetened yogurt
- 1/2 cup almond, oat or hemp milk
- 1/2 cup strawberries
- 1/4 cup kiwi, peeled and sliced
- 1/2 cup buckwheat sprouts
- 1/2 cup sunflower sprouts
- 6 ice cubes
- honey or agave nectar to taste

Put all the ingredients into your [Vitamix \(click here to orders yours with free shipping\)](#) blender on high until smooth.

You can create an unlimited number of sprouts and smoothie combinations. Sweeter sprouts include wheat berries, spelt, soft wheat and hard wheat. Mild sprouts for all the goodness without any taste include alfalfa, mung, garbanzo, chia, and pea lettuce.



Red Hot Raw Tomato Soup

- 4 large tomatoes
- 1 red, yellow or orange bell pepper
- 4 tsp cold pressed olive oil
- 1 tsp grated ginger root
- 1 cup of sprouts of choice
- 4 green onions
- 1/8 tsp cayenne
- dash of cinnamon

Add water or more tomatoes for desired consistency if needed. This soup is 100% raw. Blend in [the Vitamix](#) until smooth. If you want to heat up the soup, you can serve it in a warm bowl.

Essene Sprouted Bread Recipe

- 3 cups wheat berries
- 3 cups water to cover
- 1 tablespoon cornmeal

Several days before you want to eat the sprouted bread, soak the wheat berries in a large bowl at normal room temperature overnight or for about 12 hours. The berries will soak up a considerable amount of water. Drain the berries in a colander, cover the colander with a plate to prevent the berries from drying out, and set it in a place away from light and where the sun won't shine on it.

Rinse the berries about 3 times a day and they will soon begin to sprout. In a few days the sprouts will reach their optimum length of about 1/4 inch. Growth depends on moisture and temperature so be patient.

Next grind the wheat berry sprouts in a food mill or in a food processor.

After grinding, dump the mushed up grain onto a clean work surface. Squeeze and knead the grain for about 10 minutes, and then form up 2 small round, hearth-style loaves with your hands. Sprinkle an insulated cookie sheet with a little bran or cornmeal, and put the sprouted bread loaves on it.

Preheating the oven is not necessary. Cover the sprouted bread loaves with cloches, and bake at 350 degrees F (175 degrees C) for 30 minutes. Then turn the oven down to 325 degrees F (165 degrees C), and bake for approximately 2 hours and 15 minutes more. Allow the sprouted bread or breads to cool thoroughly on cooling racks for several hours, and because of the high moisture content, store in the refrigerator.

For best results, slice this sprouted bread thinly, or break with hands.



Red Lentil Sprouts Curry

- 2 cups of red lentil sprouts and some for garnish
- 1 large onion, diced
- 1 tablespoon vegetable oil
- 2 tablespoons curry paste
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1 teaspoon white sugar
- 1 teaspoon minced garlic
- 1 teaspoon ginger root, minced
- 1 (14.25 ounce) can tomato puree
- 1 tablespoon curry powder



Put the 2 cups of red lentil sprouts in a pot with water to cover and simmer covered until lentils tender (add more water if necessary).

While the red lentil sprouts are cooking, in a large skillet or saucepan caramelize the onions in vegetable oil.

While the onions are cooking, combine the curry paste, curry powder, turmeric, cumin, chili powder, salt, sugar, garlic, and ginger in a mixing bowl. Mix well. When the onions are cooked, add the curry mixture to the onions and cook over a high heat stirring constantly for 1 to 2 minutes.

Stir in the tomato puree and reduce heat, allow the curry base to simmer until the lentils are ready.

When the red lentil sprouts are tender drain them briefly (they should have absorbed most of the water but you don't want the curry to be too sloppy). Mix the curry base in with the red lentil sprouts, garnish with sprouted lentils and serve immediately.

RESOURCE SECTION

Click on the links below to purchase various sprouting products. Please remember that many products purchased from us include a discount.

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<http://www.sproutingsprouts.com/sprouting-seeds>

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