

Sprouting Made Easy

Carmella Lukionovich

Almonds

Soak 12 – 48 hours (soaking makes them easier to digest). They swell but don't sprout. Rinse and eat.

Nutrition: Rich in protein, fats, and minerals (phosphorus, magnesium, calcium, and potassium).

Uses: breads (sprouted), cheeses, desserts, dressing, milks, yogurt, cereals.

Alfalfa

Soak 4 – 12 hours. If soaking for a longer period, watch for fermentation, bubbles on surface of water.

Ready in 5 – 6 days.

Length at harvest 1° – 2 inches. This also depends on water and light received during growing.

Two days before harvesting, place in indirect light to develop chlorophyll.

Nutrition: rich in minerals (calcium, iron, magnesium, potassium), trace elements (selenium, zinc), and vitamins A, B, C, E, and K. For anything that turns green, grow it in trays for air circulation, evenness of light, and even chlorophyll distribution.

Method: as for Fenugreek.

Fenugreek

Soak 4 – 12 hours, then drain and rinse.

Ready in 5 – 6 days.

Nutrition: rich in iron, phosphorous, and trace elements.

Uses: pungent casseroles, curries, juices, salads, soups, sprouted loaves.

Method: First, place nylon curtaining onto a tray that has holes in it for drainage. Then spread the seeds evenly onto this and cover with a dark cloth or plastic. After four days, leave uncovered in indirect light for chlorophyll to green the leaves. Rinse each morning and night. If hot, then rinse during the day as well. Watering with an atomizer is most even and gentle.

Chick Peas

Soak 12 hours, then drain and rinse.

Ready in 2 – 3 days.

Nutrition: Vitamins A and C, carbohydrates, fiber, protein and minerals (calcium, magnesium and potassium).

Uses: breads, casseroles, dips, salads, spreads, loaves.

Method: Rinse each morning and evening and place jar on a 45 degree angle to drain. If hot, rinse more often so that fermentation doesn't take place.

Lentils

Soak 12 hours, but watch for fermentation bubbles

Ready in 2 – 3 days.

Nutrition: protein, iron, minerals, and vitamin C.

Uses: breads, casseroles, curries, marinated vegetables, salads, soups, spreads, sprout loaves, with sea vegetables, green drinks.

Method: as for chick peas.

Sesame Seeds

Soak 4 hours over night.

Ready in 1 – 2 days (turns bitter if left too long).

Nutrition: protein, calcium, fats, fiber, vitamins B and E. Milk made from sesame seeds has nearly as much calcium as cow's milk.

Uses: breads, lollies, cereals, cheeses, dressings, milks, salads, yogurt.

Method: as for chick peas.