

Basic Sprouting Guide

How to Grow Fresh Vegetables Year-'Round In Your Own Kitchen Garden

- Easily
- Quickly
- Inexpensively



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Making the Best of Basics —*Family Preparedness Handbook* (11th Edition)

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WHY USE SPROUTS?

by James Talmage Stevens

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Reasons for using sprouts are so plentiful and so important it's usually only a matter of listing them to convince you to try this very special kind of in-home gardening—accomplished in the comfort of your own kitchen. Increasing numbers of families find sprouting nutritious, delicious, and far less expensive than store prices. This information is a digest version of the *Kitchen Gardening* chapter, to be released in the revised 11th edition of **Making the Best of Basics**—*Family Preparedness Handbook*.

Nutritional Advantages

Nutritionally, dried seeds, grains, and legumes provide only a small portion of the total nutrients the body requires. However, once they are sprouted, seeds provide the largest relative amounts of nutrients per unit of intake compared to other food sources. Sprouting multiplies the content of minerals and vitamins in the seed many times because a wealth of nutrients is released to aid the development of the seed during its growth process.

There is no doubt more nourishment contained in a plant's sprout than at any other time in its life cycle. Often, new nutrients occur where there were none before. Vitamins A, B complex, C, and E are increased, sometimes as much as ten times!

Both the quantity and quality of the protein in most sprouts are dramatically increased. New amino acids form as the seeds sprout, resulting in increased digestibility. Sprouts are biogenic—alive and capable of transferring their life energy to your body. They contain enzymes which aid in digestion of foods, provide a good source of fiber, and slow the aging process. They are also an excellent multipurpose vegetable. Using sprouts greatly increases vitamin content of dishes, provides a “live” food, and in general supports better health for the body. To add to all of their nutritional plusses, untreated and organic sprouts are free of pesticides and are pest-free, too.

Watching your weight? An additional benefit of sprouts is the low carbohydrate, fat, and cholesterol content—a real plus for weight-watchers.

Storage Advantages

It really doesn't matter how sprouts are utilized in food preparation, they will sustain good health and stamina. If you had only a supply of sprouting seeds in your food storage, you could live a full year or more, eating only from your kitchen garden. The best part is that sprouts are also the least expensive fresh vegetables you can procure and store!

It is virtually impossible for a family to store enough fresh vegetables to last a long period of time—or to have them available in times of extreme duress, whether due to people-caused or natural disasters. By sprouting seeds, fresh vegetables are only 2–3 days away—year-round! Sprouts substitute for green vegetables and replace lettuce and other greens when they become expensive or unavailable. Get a variety of seeds and learn to use them and you will have fresh green vegetables year-round, even when there is no way to grow vegetables in soil. This makes sprouting seeds a high-priority acquisition item for your family's preparedness plan.

The amount of food value stored in such a small space is a boon to a family's foods storage program. Sprouting is a very easy way to increase the utility of many types of grains, seeds, and legumes or beans. Sprouts are easy to prepare and utilize. Both equipment and supplies are easily found and readily available almost anywhere. The effort required for a batch of sprouts is minimal. Bringing sprouts to the table, ready to eat, *takes less than 10 minutes* during the entire 3-day (average) growth period.

Compared to vegetable gardening, kitchen gardening with sprouts is *easy*. There is little fuss and bother. Sprouts require no fertilizer. In fact, all that's required is some water, air, and a small nook where they can grow. Sprouts conserve energy, too. They require few resources for their sprouting cycle. You can eat sprouts without cooking them, and any sprouted beans or grains cook much quicker. Sprouts save money—all of the above, and this, too! Sprouting inexpensive seeds can help support your family's overworked budget!

BASIC SPROUTING

This chapter is designed solely to help you realize the importance of sprouting in your food storage program—and now is the time to start learning how to sprout! It summarizes the basic information you need to either become an accomplished sprouter or to improve your sprouting skills.

Experiment! Don't be afraid to try something new—there's not much you can do to hurt sprouts! After a few tries, you'll discover at which stage of sprout development your family prefers different sprouted seeds. Some like sprouted seeds best after they have sprouted just 48 hours, others when 4–5 days old, when the sprout has more “chewiness” and has a more substantially developed flavor. Past this point, as the sprout is actually becoming a plant, they tend to become bitter and woody. Actually, sprouts may be used any time after the shoot emerges from the seed, but with some seeds, it's better to wait until the shoot is longer.

Sprouts are best when they taste best to you!

JAR METHOD

The utilization of a jar is by far the oldest and most popular method of sprouting, as well as one of the easiest. All you need is a threaded quart, half-gallon, or gallon glass jar with either a standard or wide mouth. One technique is to cover the mouth of your sprouting jar with muslin, cheesecloth, or nylon fabric. Plastic or stainless mesh screens will work, but the screens are subject to mold and mildew build-up. It is not as easy as using special sprouting lids designed specifically for this purpose.

Living Whole Foods offers a number of jar sprouters in plastic and glass to choose from (seeds included), as well as the single polyethylene screen cap to add to your own choice of wide mouth jar. See end of article for product information. Whichever method or type used, the idea is to rinse away the unnecessary hulls for cleaner, fresher sprouts.

Step One: Soaking

For a quart-sized jar, start with 1½ T. or more of seeds as indicated in the **Basic Sprouting Chart**. Place the seeds inside the jar, screw on the fabric or fine mesh lid and partially fill the jar with warm water—not hot! Swirl it around to clean the seeds, and then pour it out.

Then, refill with warm water to cover the seeds to approximately three (3) times the seed depth and let the seeds soak overnight, or for the time indicated in the **Basic Sprouting Chart**. To protect from light, keep jar covered or place in cabinet overnight.

Step Two: Draining and Starting

Drain off the soak water. Find a location that is not exposed to direct sunlight. Place drained jar—propped at an angle—to allow any extra water to drain out. Turn the jar to over in your hands to help spread out the seed. Cover the jar with a dishtowel and leave for 3 to 4 hours.

Step Three: Rinsing

Rinse the sprouts with cool, fresh water 2 or 3 times each day until they are ready to eat or refrigerate. When they begin to throw off the seed hulls, let the jar overflow with slowly running water and the hulls will float out the top through the screen. Be sure to turn the jar to spread out the seed each time you rinse.

Step Four: Harvesting

Pour the sprouts into a pan, bowl, or clean sink and rinse with clean water. Skim off any remaining hulls that float to the surface. Some hulls will fall to the bottom of the container. A few stubborn hulls may need to be removed individually by hand. This does not apply to seeds, such as wheat berries, which have no hulls.

Pull out the sprouts, gently shake off excess moisture, and drain in a colander. When fully drained, either use them or place in a sealed, airtight container such as a sliding or zipper lock plastic bag which leaves some room for air circulation.

For chlorophyll and carotene-developing sprouts, there is the added step of greening, one day before the final harvest, and that is described in **Step Five**. It's optional, but I recommend greening to gain the nutritional improvement in the sprouts.

Step Five: Greening

Remove the sprouts and clean the jar and lid. Place sprouts for greening back into the jar. Place in indirect sunlight—near a kitchen window is just fine. After the sprouts have greened with chlorophyll and carotenes for a day or so, rinse, drain and eat, or refrigerate them.

Step Six: Refrigerating

Refrigerate after 4 days! Sprouts will stay fresh and hearty for a week or more when refrigerated, if you rinse them every day or two. You can even give the green sprouts an extra hour or two of sunlight after rinsing to keep them at their nutritional peak.

Caution:

Since sprouts are frost sensitive, do not place stored sprouts near the freezer compartment.

“SPROUT GARDEN” METHOD

This method is equally easy and simple as the **JAR METHOD**. It is also the best way to sprout several kinds of seeds such as beans and grains at the same time. The one I use is the plastic “**Sprout Garden**.” I’ve had it for years, and it still works!

The bottom of this sprouting tray is molded with holes for good drainage and keeps the smallest seeds from escaping through the holes. The dividers give an advantage over the jar method by allowing the simultaneous sprouting of different seeds separately in separate compartments.

The depth of the tray, combined with the array of holes, promotes good air circulation—essential to a healthy crop of sprouts. The snap-on protective lid keeps out dust, mold spores, and insects.

Another popular use is to plant an indoor garden with soil (such as forest mulch). Mine has been quite handy for quick production of crops of wheatgrass, sunflower, or Buckwheat lettuce in just a few days.

Follow these steps to maximize sprout production utilizing the sprouting tray:

Step One

Start with 2 to 4 tablespoons of small seeds (or 4 to 6 tablespoons of large seeds). Rinse as described in the **Jar Method** and then soak in the provided sprouter covers. When sprouting different seeds, use different covers. Be sure to cover to protect from light.

Step Two

Spread the soaked and swollen seeds over the “seedbed” in a tray compartment.

Rinse under the faucet gently and allow the seeds to spread evenly.

Step Three

Snap on the cover to protect from light and possible airborne contaminants. Use the extra sprout cover as a drain board on the bottom and stack them, if you’re using more than one sprouter. Place the tray(s) in a suitable warm location.

There are three pre-mixed salad combinations available from **Living Whole Foods Distributors**:

- The **3-part salad mix** contains alfalfa, broccoli, and radish seed. When sprouted, they “fluff up” together into a delightful, tasty combination. They are good alone, together, or mixed with other salad fixings.
- The **5-part salad mix** contains mung beans and lentils besides the above three. This creates a nutritionally denser, higher-fiber salad. Or this mix can be added to soups for a hearty flavor and nutritional boost.
- The **bean salad mix** contains mung and adzuki beans, with lentil and radish seeds. Adzuki beans are high in fiber, protein, calcium, iron, vitamins A, B-1, B-2, and niacin. This combination is good by itself, or added to various vegetable dishes. The salad mixes can be sprouted using either the jar or tray method.

Step Four

Rinse seeds 2 or 3 times daily. Check the bottom of the tray for signs of mold. If you find an accumulation of mold, wipe it off with a paper towel and rinse seeds again.

Step Five

In a day or two, tiny leaves will begin to appear on sprouts such as alfalfa, cabbage etc. Uncover any compartment containing these to allow indirect light to enter, but do not place in direct sunlight.

Use each cover of each sprouter tray as a drain board underneath and pour out any excess drainage each rinsing.

Step Six

Harvest by cleaning to remove hulls and drain well. Hulls may rinse out easily by pouring the water through the exit ports on the side of the trays.

INSTRUCTIONS FOR SPECIAL TREATMENT OF “PROBLEM” SPROUTING SEEDS

What *Not* to Sprout!

Caution — Here are the two most important things *not to sprout*:

1. Don't sprout seeds *intended for agricultural use*. They are generally treated with poisonous insecticides and may not be safe for human consumption.
2. Don't sprout tomato or potato seeds—they are generally poisonous to humans.

There are some seeds that need special treatment to achieve sprouting. Following are simple solutions for success with these categories of “*reluctant sproutables*.”

“Paper-Towel” Sprouting Method

Use this method when the seeds are large or have thick skins, such as nuts.

- ☐ Use a large glass baking dish or metal pan that won't rust.
- ☐ Place a baking or cooling rack in the dish or pan.
- ☐ Spread two layers of *dampened* paper towels on the raised rack to make a sprouting “bed.”
- ☐ Place pre-soaked seeds on moist—not sopping wet—towels.
- ☐ Cover seeds with another two layers of moist (with all excess water squeezed out) paper towels, leaving ends and sides open so air can circulate.
- ☐ Rinse frequently as indicated in the **Basic Sprouting Guide**. Remove seeds from between damp towels when rinsing. Use a sieve, strainer, or colander to contain them while rinsing in running water, then return seeds to the damp paper towels. Thoroughly moisten paper towels by re-soaking, then wringing them out during each rinsing cycle.
- ☐ Keep the seeds moist between rinses by sprinkling *only* the top layer of paper towels.
- ☐ Remove sprouted seeds from sprouting bed when ready to eat. Store sprouts tightly covered in refrigerator to preserve their freshness.

“Sprinkle” Sprouting Method

This method of sprouting reluctant seeds is for mucilaginous seeds such as chia, flax, and watercress. Here's how to deal with these seeds:

- ☐ Eliminate the normal pre-soaking of these seeds. Cover with just enough water to wet seeds. Pour off excess water.
- ☐ Allow seeds to sit for an hour. If seeds seem to dry out too quickly, sprinkle them lightly with water.
- ☐ Seeds will form a jelly-like, gelatinous mass. Do not remove the “jelly.” The seeds will sprout in the jelly, and there is no need to rinse them if you keep the jelly moist by sprinkling the seed mass regularly.
- ☐ When the seeds have reached the edible stage, rinse the seeds in cold running water until the jelly is washed away. Use soon, as these seeds are prone to drying out and/or molding quickly.

Mung Beans

This method makes it possible to have your mung beans grow long and straight—like bought in the store! To achieve that look, mung beans must be grown under pressure.

Putting some type of weight on top of the sprouting beans, such as a pot lid, another bowl, or even a plastic sealable bag partly filled with water, makes them sprout longer and thicker.

BASIC SPROUTING CHART

From **Making the Best of Basics** — *Family Preparedness Handbook*®

Step 1	Step 2	Step 3	Step 4	Step 5	Step 6
Selection of Sprouting Seeds	Measure Quantity	Preparation & Soaking Hours	Days to Sprout	Recommended Daily Rinsing & Special Handling Requirements	When Best for Eating
<i>Use only untreated or organic grains, seeds & beans</i>	<i>Qty. of Seeds Needed for 1 qt. harvest</i>	<i>Thoroughly</i> • Wash • Cull • Soak • Drain	<i>Typical days required to mature</i>	<i>Recommended daily rinses under cool, clean, running water Always drain thoroughly after rinsing Special treatment required for selected seeds Some precautions required when consuming raw sprouts</i>	<i>Mature length range for best eating flavor</i>
Adzuki	1 C.	8 – 12	4 – 5	rinse 3 – 4 times	$\frac{1}{2}$ " – 1"
Alfalfa	3 T.	4 – 8	3 – 5	rinse 2 – 3 times; <i>may be sprouted in kitchen window</i> rinse vigorously on last day to remove hulls	1" – 2"
Almond—shelled	$\frac{1}{2}$ C.	8 – 12	3 – 5	rinse 2 – 3 times; can be difficult; "sprinkle" method	when split
Amaranth	12 T.	none	2 – 3	rinse 3 – 4 times	$\frac{1}{4}$ "
Anise	6 T.	8 – 12	2 – 3	rinse 5 – 6 times	1"
Barley—unhulled	2 C.	4 – 8	3 – 4	rinse 3 – 4 times; can be difficult to sprout use dried barley sprouts to make diastatic malt steam prior to eating	seed length
Beans—general (see specific listings)	1 C.	8 – 24	3 – 5	rinse 3 – 5 times, depending on bean <i>larger bean + shorter sprout = sweeter taste</i> steam prior to eating to destroy anti-nutrients & toxins present in all raw beans	$\frac{1}{4}$ " – $1\frac{1}{2}$ "
Black-eyed Peas	1 C.	12 – 18	3 – 5	rinse 3 – 4 times steam prior to eating to destroy toxins	$\frac{1}{2}$ " – 1"
Buckwheat—unhulled	1 C.	15 – 30 min.	2 – 3	rinse both 4 – 5 times 1 st day; 2 – 3 times thereafter	$\frac{1}{4}$ " – $\frac{1}{2}$ "
Buckwheat—hulled	$1\frac{1}{2}$ C.	8 – 12	3 – 5	unhulled seed somewhat difficult to sprout hulled seeds are easier to sprout	1" – 3"
Cabbage—Savoy	3 T.	8 – 12	3 – 4	rinse 2 – 3 times; <i>also sprouts in kitchen window</i> stronger flavor when longer & older	$\frac{1}{2}$ " – $\frac{3}{4}$ "
Cabbage—Chinese	3 T.	6 – 8	4 – 5	use soon after sprouting	1" – $1\frac{1}{2}$ "
Canola	3 T.	6 – 8	2 – 3	rinse 2 – 3 times; <i>also sprouts in kitchen window</i>	1" – $1\frac{1}{2}$ "
Chia	2 T.	none	1 – 4	mucilaginous seed—must use "sprinkle" method usually very difficult to sprout	$\frac{1}{4}$ " – 1"
Clover—red	$1\frac{1}{2}$ T.	8 – 12	3 – 5	rinse 2 – 3 times; <i>also sprouts in kitchen window</i>	1" – 2"
Corn—regular popcorn	2 C. $1\frac{1}{2}$ C.	4 – 8 8 – 12	2 – 3	rinse 2 – 3 times <i>longer sprouts have stronger flavor</i> best when steamed; may be eaten raw	$\frac{1}{4}$ " – $\frac{1}{2}$ "
Fenugreek	1 C.	4 – 8	3 – 5	rinse 1 – 2 times; <i>longer sprouts = bitter taste</i>	1" – 2"
Flax	4 T.	none	4 – 5	mucilaginous seed—use "sprinkle" method usually very difficult to sprout	1" – $1\frac{1}{2}$ "
Garbanzo (chickpea)	$1\frac{1}{2}$ C.	8 – 12	3 – 4	rinse 4 times; can be difficult to sprout lightly steam prior to eating to destroy toxins	$\frac{1}{2}$ "
Kidney Bean	$\frac{3}{4}$ C.	8 – 12	2 – 4	rinse 3 – 4 times lightly steam before eating to destroy toxins	$\frac{1}{2}$ " – 1"
Lentil	$\frac{2}{3}$ C.	6 – 12	2 – 4	rinse 2 – 4 times; eat when sprout is visible lightly steam before eating to destroy toxins	$\frac{1}{4}$ " – 1"
Lettuce	3 T.	4 – 8	3 – 5	rinse 2 – 3 times; <i>may also sprout in kitchen window</i> longer sprouts have stronger flavor	1" – $1\frac{1}{2}$ "

BASIC SPROUTING GUIDE (CONTINUED)

Step 1	Step 2	Step 3	Step 4	Step 5	Step 6
Selection of Sprouting Seeds	Measure Quantity	Preparation & Soaking Hours	Days to Sprout	Recommended Daily Rinsing & Special Handling Requirements	When Best for Eating
<i>Use only <u>untreated</u> or <u>organic</u> grains, seeds & beans</i>	<i>Qty. of Seeds Needed for 1 qt. harvest</i>	<i>Thoroughly</i> • Wash • Cull • Soak • Drain	<i>Typical days required to mature</i>	<i>Recommended daily rinses under cool, clean, running water Always drain thoroughly after rinsing Special treatment required for selected seeds Some precautions required when consuming raw sprouts</i>	<i>Mature length range for best eating flavor</i>
Millet , hulled	2 C.	4 – 8	3 – 4	rinse 2 – 3 times best when steamed before using (<i>tastes like barley</i>)	$\frac{1}{4}$ "
Mung	1 C.	8 – 12	3 – 5	rinse 3 – 4 times vigorously to remove hulls ¹ steam prior to eating to destroy anti-nutrients & toxins	1" – 2"
Mustard	2½ C.	8 – 12	3 – 4	rinse 2 – 3 times; <i>also sprouts in kitchen window</i>	1" – 1½"
Oats , unhulled	2 C.	2 – 6	1 – 2	rinse 1 – 2 times—excess water causes souring use "sprinkle" method	seed length
Peanut	½ C.	8 – 12	2 – 3	rinse 2 – 3 times steam for 10 – 15 min. prior to eating to destroy toxins	$\frac{1}{4}$ " – 1"
Peas —general, (see listing)	3 C.	8 – 12	2 – 3	rinse 2 – 3 times; split peas will not sprout steam for 10 – 15 min. prior to eating to destroy toxins	seed length
Pinto Bean	1 C.	8 – 12	3 – 4	rinse 3 – 4 times steam for 10 – 15 min. prior to eating to destroy toxins	$\frac{1}{2}$ " – 1¼"
Pumpkin —hulled	2 C.	8 – 12	3	rinse 2 – 3 times <i>light toasting = better-tasting sprouts</i>	$\frac{1}{4}$ "
Quinoa	¼ C.	4 – 6	1 – 2	rinse 2 – 3 times; sprouts very quickly	$\frac{1}{4}$ " – 1½"
Radish	3 T.	6 – 8	3 – 6	rinse 2 – 3 times; <i>also sprouts in kitchen window</i> gets "hotter" with increasing length	$\frac{1}{8}$ " – 1½"
Rice —brown, whole grain	1½ C.	8 – 24	3 – 4	rinse 2 – 3 times short-grain brown rice will sprout best best when steamed before using	seed length
Rye	1 C.	8 – 12	2 – 3	rinse 3 – 4 times; eat within 3 days	$\frac{1}{4}$ " – ½"
Sesame	1½ C.	8 – 12	1½ – 2	rinse 3 – 4 times; only unhulled seeds will sprout	seed length
Soybean	1 C.	18 – 24	4 – 6	rinse 5 – 6 times; difficult to sprout; don't keep too long after sprouting, sprouted beans ferment very quickly steam prior to eating to destroy anti-nutrients & toxins	$\frac{1}{2}$ " – 2"
Spinach	2 T.	6 – 8	3 – 5	rinse 2 – 3 times; <i>also sprouts in kitchen window</i>	$\frac{1}{2}$ " – 2"
Sunflower —Shelled	1 C.	2 – 8	1 – 2	rinse 2 – 3 times; edible in 12 – 36 hours sprouts taste bitter when more than 2" in length	1" – 2"
Triticale	2 C.	8 – 12	2 – 3	rinse 3 – 4 times; eat within 3 days; ferments easily— even in refrigerator use same as wheat sprouts	seed length
Vegetable seeds (see listing)	2 – 3 T.	6 – 12	2 – 3	rinse at least 2 times best when eaten raw use soon after sprouts reach suggested length	1" – 2"
Watercress	2 T.	none	3 – 5	mucilaginous seed—use "sprinkle" method usually very difficult to sprout	$\frac{1}{2}$ "
Wheat	1 C.	8 – 12	3 – 6	rinse 2 – 3 times; <i>long & old sprouts = bitter taste</i>	seed length

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¹ See **Special Instructions** section for perfect store-quality mung bean production.

Ideas for Using Sprouts

Using sprouts varies the menu, adds bulk to recipes, and improves the flavor of many ordinary dishes. Sprouts are versatile—they can be used in so many ways. Eat them as fresh sprouts, in salads, teas, sandwiches, soups, gourmet entrées, casseroles, pancakes or breads; raw, boiled, sautéed, steamed, or stir-fried—you're limited only by your imagination! In fact, you can create your own *designer* or *gourmet* sprout combination by mixing and matching your favorite grains, seeds, and beans in the same batch. This allows customization for your eating pleasure and maximizes your inventory of sproutables, too.

There is no waste in preparation, no fuel required to prepare them, and once you get the hang of it, practically no failures. Sprouting is not only one of the keys to nutritional stability—a potential lifesaver—but is also a great money-saver. Children especially like to help with this kitchen duty. In fact, most elementary schools teach sprouting as part of the curriculum. A child's natural inquisitiveness will help him master sprouting in a short time, leaving more of your time for the more complicated and time-consuming household and kitchen duties.

There are so many ways to utilize sprouts, they would fill many cookbooks! Before going to the cost and effort to buy other books on sprouting, try some of the following ideas first. Should you need additional information about advanced sprouting techniques, find a book by searching the Internet for Sprouting information.

Suggested Uses for Sprouts

Use In	Suggestions
Stir-fry	Add any of these sprouts to vegetables— alfalfa, clover, mung, or radish sprouts—or <u>all</u> simultaneously!
Mashed potatoes	Grind or chop very fine either: alfalfa, chia, or clover sprouts—for taste and color, too!
Vegetable juices	Make <i>Basic Sprout-8</i> with sprouts—tomato juice, ground chia, barley, cabbage, clover, lettuce, radish, and/or watercress! If you get too much flavor, start with any one sprout, making additional sprout combinations until you get the taste you prefer.
Sautéed vegetables	Add cabbage, corn, garbanzo, lentil, mung, pea, radish, or watercress sprouts for <i>zingggg</i> ! These intensely flavored sprouts are especially good with sliced onion, a clove of garlic, and/or some green peppers—try these in a game-time snack bowl over white rice that is steamed to perfection!
Steamed vegetables	Add whole alfalfa, chia, clover, corn, garbanzo, lentil, mung, pea, radish, or wheat sprouts during the final 2 min. steaming time.
Rice	Add whole, chopped, finely chopped, or whole sprouts — alfalfa, barley, chia, pea, radish, or watercress, to rice dishes and to steamed rice after cooking—but just before serving!
Soups	For flavor or thickening, add chopped or whole sprouts—corn, garbanzo, lentil, mung, pea, radish, or wheat. See Soup Recipes section on the next page for specifics.

Bean sprouts are even more palatable and digestible when cooked before eating, and any anti-nutrients in the bean family are nullified when cooked.

Baking

Home-baked goods: Enhance by adding whole or chopped sprouts.

Baked beans: Add any sprouted bean with short sprout—*best when bean has just split open by plant growth*—try lentil, mung, lima, pinto, or navy bean sprouts.

Breadmaking

Breads: Ordinary homemade breads become more eye-appealing with sprouts peeking through the crust and seen throughout the loaf. Sprouts add great taste and greater nourishment in each delicious slice! Some care is required when adding or substituting sprouts in bread recipes.

The basic rule for substituting sprouts in any bread recipe is:

Substitute 1 C. sprouts in any bread or flour recipe for $\frac{1}{2}$ C. flour and $\frac{1}{2}$ C. liquid.

Breadmaking Notes:

Exercise care when using sprouts in breadmaking. Sprouts are an abundantly rich source of enzymes. Some of these enzymes have the ability to digest protein, so yeast action will be inhibited—and result in heavy bread.

NOTE: When substituting sprouts in bread recipes, be aware of these potential problems:

- ☐ *If the yeast does not fully react in the dough, the dough will produce heavy bread.*
- ☐ *When adding sprouts to yeast goods, add them as late as possible in the mixing process, and then be sure dough is warm and working.*
- ☐ *Do not allow dough to sit too long with sprouts added—the dough may sour.*

Breakfast Treats

Try some of the following to add zest and nutrition to a sedate breakfast:

Omelets & scrambled eggs — Add chopped or whole alfalfa, chia, clover, mustard, or radish sprouts for a bright-eyed start to your day.

Pancakes and waffles — Ground or finely chopped buckwheat sprouts enhance nutrition in an ordinary breakfast.

Casseroles

When using sprouts in casseroles, add them just a few minutes before serving, either in the pan or sprinkled on top. Sprouts add vitality and flavor to any casserole.

Casseroles — Add ½ C. to 1 C. whole or chopped sprouts—adzuki, barley, cabbage, chia, clover, corn, lentil, mung, spinach, or wheat.

Salads

Eat sprouts fresh and uncooked for a taste treat. Create your own combinations. Get creative with sprouts, and you'll certainly be healthier and less harassed in preparing nutritious meals.

Basic sprout salad — Perhaps the easiest sprout salad to make: mix a handful of chilled sprouts, whether one kind or a combination, in a bowl. Then pour French, Italian, Russian, bleu cheese, or plain homemade mayonnaise over them and stir until sprouts are lightly covered.

Deluxe salad — Add sprouts to your lettuce salad—alfalfa, mung, chia, radish, or wheat—or combine them!

Lettuce substitute — Use sprouts as a substitute for lettuce altogether in your favorite salad.

Coleslaw — Substitute chopped cabbage sprouts for cabbage. For a different taste, add some radish sprouts!

Potato salad — Add alfalfa, lentil, mung, or radish sprouts to “*liven up*” your potato salad recipe.

Sandwiches

Improve the flavor and nutrition of your favorite sandwich by adding sprouts. Try these additions to your diet:

Chicken salad or tuna salad: Alfalfa sprouts are better than lettuce—cheaper, and more easily available!

Lettuce substitute: Use any sprout or combination of sprouts to replace lettuce—alfalfa, chia, clover, lentil, mung, or radish.

Avocado (mashed): Spread thickly on fresh, home-baked whole-wheat bread. Top with alfalfa, barley, clover, or chia sprouts.

Super sandwich spread: Add to salad spread mixture chopped or ground alfalfa, chia, clover, lentil, mung, and/or radish sprouts.

Sprout cheese filling (or dip): Add ground or chopped alfalfa, clover, lentil, mung, or radish sprouts to softened cream or Neufchatel cheese.

Grilled cheese: Top hot sandwiches with alfalfa, chia, clover, lentil, lettuce, mung, sesame, or watercress sprouts for added flavor.

Sprout Soups

If you like the flavor of any particular bean, seed, or grain, you can make it into a sprout soup. Simply sprout your selection, add 1 C. sprouts into boiling water slowly, then cover and simmer. Cook till tender or to your preference. Season to taste. Serve hot.

BASIC SPROUT SOUP

1 C. sprouts (your choice of vegetable seed)	$\frac{1}{2}$ C. sour cream
1 C. water	1 tsp. soy sauce
pinch of parsley	salt & pepper to taste

Add sprouts to boiling water. Reduce heat, simmer 3–5 min., and then stir in sour cream. Season to taste with soy sauce. Sprinkle parsley on top just before serving.

EGG-SPROUT SOUP

2 C. bean sprouts	2 eggs, beaten
4 C. vegetable broth or soup	1 T. soy sauce
dash MSG (optional)	salt

Add sprouts to broth. Simmer 8–10 min. Remove from heat and stir in beaten eggs. Season to taste with soy sauce.

Sprout Vegetables

Sprouts are vegetables. They may be boiled, baked, or sautéed as any other vegetable, served alone, or in combination with other vegetables. The number of recipes for sprouts is endless because they can be added to almost any vegetable or meat dish to improve taste and nutritional value. The secret to gaining the most nutritional value from sprouts is to cook them as little as possible. The following recipes will guide you in utilizing sprouts as vegetables.

BASIC SPROUT VEGETABLE SOUP

1 C. sprouts of choice	pinch salt
2 C. water	$\frac{1}{2}$ T. butter

Add sprouts to boiling salted water, reduce heat, and simmer 3–5 min. Remove from heat, add butter, and cover for 20 min. Serve hot. Serve alone or with bacon, cheese—whatever!

Note: The *BASIC SPROUT VEGETABLE* recipe may be used as a basic ingredient for many recipes

RECIPES FOR SPROUTS

Record Your Sprouting Recipes Here

WHO YOU GONNA CALL?

MINI-DIRECTORY FOR SPROUTING RESOURCES

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No listing in this edition should be considered an endorsement, nor should exclusion be considered a rejection. *Indeed, these listings are the beginning of the journey of discovery, not the end of it!*

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