



Cooking and eating for health and vitality

Get sprouting!

This fact sheet provides a foundation to the nutritional theory behind sprouts and provides a practical guide to growing our own.

What are sprouts?

A sprout is just the beginning stage of a seed becoming a plant.

They are a 'super food', jam-packed with all the goodness, energy and power needed to create a healthy, vibrant plant.

Why are they so good for you?

Weight for weight, sprouted seeds contain more nutrients than any other natural food known to man.

Given the fact that they are basically just 'baby plants', they contain high concentrations of valuable enzymes, proteins, mineral substances, trace elements and natural vitamins.

Sprouts also contain excellent fibre that is beneficial to the intestines and regulates the digestive process.

Since they are growing right up until the moment they're picked, practically no nutrients are lost.

How can I use them?

Sprouts can be used in the following ways to add natural goodness to your diet:

In salads - by themselves or as an additional ingredient;

Added to stir fries just before serving;

Mixed into soups or sprinkled on top;

Pureed to make dips;

Added to vegetable stews.

And they are great as part of a detox diet.

Grow your own!

Growing your own sprouts is simple:

- Place the required amount in a sieve and wash thoroughly;
- Soak for the required time (see below);
- After soaking, rinse again;
- Place in a germinator and leave in a well-lit spot but not in direct sunlight;
- Water your sprouts morning and evening;
- They are usually ready to eat after 4-5 days. Take what you need and keep watering the rest for up to 10-11 days;
- Remaining sprouts will keep in the fridge for up to 5 days in a sealed pot or bag.

Did you know?

Sprouts are rich in plant enzymes which help in the digestion of our food, assist the body in repair and maintenance work, and are also believed by some to help us stay youthful.

Chlorophyll can be seen as 'condensed solar energy' - literally liquid sunshine, it can rejuvenate the liver, it has antibacterial properties, and can be a wound-healer because it acts as an anti-inflammatory against arthritis and skin complaints. It can also promote calcium absorption because it acts similarly to vitamin D. Lentils are great for sprouting and are one of the oldest foods known - archaeologists in the Middle East have found lentils nearly 9,000 years old.

Sprouting chart

Soak time	To yield 1 litre	Ready to eat in	Length of shoot	Growing tips and notes
Alfalfa 6-8 hrs	3-4 tbsp	5-6 days	3.5cm	Rich in vitamins and minerals, and natural oestrogens
Fenugreek 6-8 hrs	$\frac{1}{2}$ cup	3-4 days	1cm	Have quite a strong curry taste. Good for detoxing
Aduki beans 10-15 hours	1 $\frac{1}{2}$ cups	3-5 days	2.5-3.5cms	Have a nutty flavour, especially good for the kidneys
Chickpeas 10-15 hours	2 cups	3-4 days	2.5cms	May need to soak for 18 hours to swell to their full size, change the water during this time
Lentils 10-15 hrs	1 cup	3-5 days	0.5-2.5cms	Try all different kinds of lentils, these are good eaten young and up to 6 days old
Mung beans 10-15 hrs	1 cup	3-5 days	1.5cms	Soak for at least 15 hours and keep in the dark for a sweet sprout
Sunflower 10-15 hrs	4 cups	1-2 days	Same length as grain	After soaking, sprout for just a day, bruise easily so handle carefully
Wheat 12-15 hrs	2 cups	2-3 days	Same length as grain	Excellent source of the B vitamins. The soak water can be drunk straight or added to soups and vegetable juices



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