

Pine River Library Program in a Bag: Grow Your Own Edible Sprouts



Why Grow Your Own Sprouts?

Sprouts are superfoods, packed with nutrients like Iron, Zinc, and Vitamin C, and they are also easier to digest. It is believed that the process of sprouting makes nutrients more available to the body by making them more easily absorbable. Sprouting has also been shown to improve the amino acid profile of foods and increase their protein concentration as well.

What Is Sprouting?

After a few days in a warm and moist setting, seeds will sprout. This can take anywhere between 3-7 days, depending upon what you are sprouting.

What Can I Sprout?

Most people have probably heard of bean sprouts and alfalfa sprouts, but there are many different options for sprouting. Grains like barley, wheat, and spelt can all be sprouted as can legumes like lentils, kidney beans, and mung beans. Radish seeds and broccoli seeds are also commonly sprouted. You can find a variety of seed blends in stores and online. Also, you can sprout nuts!

How Do I Use My Sprouts?

Sprouted grains and legumes can be cooked and used in the same manner they would be if not sprouted. They can also be dried and ground into flour for baking. Seeds and bean sprouts can also be consumed raw in salads and sandwiches or used as a topping for any dish.

Where Can I Get My Sprouting Materials?

Many natural food stores have a sprouting section that includes seeds, screens, etc. You can also order online from Amazon and many other sites. Materials for these kits were bought on Amazon and at Natural Grocers in Durango.

Sources:

www.webmd.com/food-recipes/features/sprouting-food#1
www.healthline.com/nutrition/sprouted-grains#nutrients
www.sproutpeople.org/growing-sprouts/sprouting-instructions/



Sprouting Instructions:

For smaller seeds you can use either a pint sized wide mouth mason jar or a wide mouth quart jar with your sprouting screen. For bigger things like mung beans or nuts, be sure to use a quart jar.

MUNG BEANS:

NOTE: Bean Sprouts don't need light. Keep your sprouter in a low light location.

- Soak 1/3 to 1/2 c. of beans in cool water for 8-12 hours in your jar with the sprouting screen lid.
- Drain off soak water and rinse thoroughly, then drain thoroughly, all while leaving the screen on the jar.
- Rinse and drain with cool water every 8-12 hours.
- Harvest on day 2 or 3, when most of the beans have short roots. You can also continue growing for up to five days, depending on how long you like your sprouts.
- Refrigerate your crop.

ALFALFA SEEDS:

- Soak 2 Tbs. of seed in cool water for 8-12 hours.
- Drain off soak water and rinse thoroughly, then drain thoroughly, all while leaving the screen on the jar.
- Rinse and drain with cool water every 8-12 hours.
- Tiny sprouts should begin to form in about 3 days. Once sprout tails appear, move sprouter to indirect light for growing green leaves. Avoid direct sunlight.
- Continue rinsing and draining daily for another 2-3 days, or until sprouts have grown to around 3 inches.
- Refrigerate your crop.

RADISH SEEDS:

- Soak 3 Tbs. of seed in cool water for 4-12 hours.
- Drain off soak water and rinse thoroughly, then drain thoroughly, all while leaving the screen on the jar.
- Rinse and drain with cool water every 8-12 hours.
- On day 3, move your sprouter to indirect sunlight.
- Continue to rinse and drain every 8-12 hours.
- Harvest on day 5 or 6, when the leaves are open and most of them are green.
- Refrigerate your crop.