



Olympus Garden Club

Federated Garden Club of New York State
<http://www.olympusgardenclub.org>

Sprouting Tip Sheet

"Sprouts" are the very beginning growth of a seed.

Sprouting is the easiest way to provide yourself with a constant supply of fresh, nutritious vegetable food with a minimum of time and effort.

In 3000 B.C. bean sprouts were an important part of the Chinese diet and they still are today. Sprouts are tasty and crammed full of vitamins, trace elements and minerals. The fats and starches in seeds are changed into vitamins, sugars, minerals and proteins.

This is good news for weight watchers and the seeds' transformation makes them easy to digest.

This method requires a quart size glass jar, a piece of cheese-cloth cut to cover the bottle, a rubber band to hold the cheese-cloth in place and of course seeds or beans.

You should buy the organic seeds or beans at a health food store and you might start with mung beans or alfalfa seeds, but you have many types to choose from.

Don't ever use seeds from seed packets as they are often treated with stuff you don't want to ingest.

Here is a simple way to get started.

First, gather your material: Glass jar, cheese-cloth, rubber band, beans or seeds and pick through the seeds or beans carefully, place them in the glass jar and fill with water to soak overnight.

Next, drain off the beans or seeds, wash them in fresh cool water, and drain off the rinsing water. Cover with cheesecloth using rubber band.

Place the jar on its side in an area with good ventilation and out of direct sunlight.

Every morning and evening remove the cheesecloth, rinse the seeds in fresh water; replace the cheesecloth before you drain off the rinse water.

In two to five days you will get alfalfa, or mung bean sprouts that are white in color.

Many different grains, beans and seeds, can be sprouted and the time they take to ripen varies from as little as two days to as many as eight. Most people use them in salads but they're great in soups, (right before serving), in stir-fries, breads and more.

Now you're ready to experience the fun of growing a winter vegetable garden. You can always buy sprouts but they cost a lot more and won't be your own homegrown.

Reprinted from winter 2005 issue of The Express, Olympus Garden Club newsletter
By R. Florin

P.O. Box 21808, Brooklyn, NY 11202