



Disclaimer

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Benefits of Sprouts, Greens and Grass

- **High in Nutrition** - Nutrients such as anti oxidants, Bioflavonoids, Minerals, Proteins, Trace Minerals and Vitamins
- **High in Enzymes** – Spark of life and improves digestion, helps detox
- **Develops Additional Nutrients** - Vitamin C and Chlorophyll
- Recognized by body as a vegetables rather than a starch

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Studies Show:

- Broccoli sprouts contains 50 times as much of the sulfurophane as does the mature broccoli.
- When Wheat Grass is juiced it is very close to hemoglobin and is recognized as a liver detox and blood cleanser
- Sunflower and Buckwheat are very beneficial for diabetics

Precautions

Not all seeds can be sprouted.... poisonous

- Tomato
- Potato
- Paprika
- Aubergine ~ E
- Rhubarb

Improperly handled seeds can grow mold or harmful bacteria

- Dirty equipment
- Contaminated water source
- Don't use bottled water
- Rinse 4 times a day
- Insufficient air flow Molding
- Poor germination rate

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Precautions

- Seeds need to be specific for sprouting not for planting. Most commercial seeds are treated with chemicals
- Heat treated or Radiated seeds might not sprout
- Make sure seeds have not been polished, pre-cleaned or coated with saponin
- Choose seeds that are not hybrid, GMO nor nonorganic

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Needed for Success

- Rinse seeds well enough before soaking
- Do not let the seed soak more than recommended time
- Do not allow seeds to dry out
- Keep sprouting seeds between 55 to 70 °F or 13 to 21 °C



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Tips

- Adding a little distilled vinegar (1/2 cup), Silver shield OR Grapefruit seed extract (a few drops) helps prevent bacterial growth and molding
- Keeping the jar upside down at a 45 degree angle helps optimum draining
- Cheapest way is a canning jar with a nylon and rubber band on the end but there are sprouting trays and hemp sprouting bags



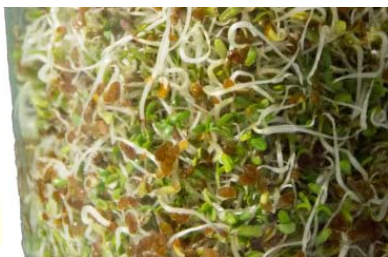
Sprouts... Greens.... Grass



Nut or Seed	Amount to Sprout	Presoak Time	Sprouting Time	Length when Harvest	Yield
Alfalfa	3 TBS	12 hours	3 – 5 days	1 - inches	4 cups
Almonds	3 cups	8 – 12 hours	1 - 3 days	1/8 inch	4 cups
Amaranth	1 cup	3 – 5 hours	2 - 3 days	¼ inch	3 cups
Hulled Barley	1 cup	6 hours	1 day	¼ inch	2 cups
Broccoli Seed	2 TBS	8 hours	3 – 4 days	1 – 2 inches	2 cups
Buckwheat	1 cup	6 hours	1 – 2 days	¼ - 1/8 inches	2 cups
Clover seed	3 TBS	5 hours	4 – 6 days	1 – 2 inches	2 cups
Flaxseed	1 cup	6 hours	3 – 4 days	½ inch	3 cups
Chickpea	1 cup	1 – 2 days	2 – 4 days	½ - 1 inch	4 cups
Kale seed	4 TBS	4 – 6 hours	4 – 6 days	½ - 1 inch	3 cups
Lentils	¾ cup	8 hours	2 – 3 days	½ - 1 inch	4 cups
Millet	1 cup	5 hours	12 hours	1/16 inch	3 cups
Mung beans	1/3 cup	8 hours	1 – 4 days	1 – 3 inch	4 cups
Oats	1 cup	8 hours	1 – 2 days	1/8 inch	1 cup
Peas	1 cup	8 hours	1 – 3 days	½ - 1 inch	3 cups
Pinto beans	1 cup	12 hours	3 – 4 days	½ - 1 inch	3 cups
Pumpkin	1 cup	6 hours	1 – 2 days	1/8 inch	2 cups
Quinoa	1 cup	3 – 4 hours	2 – 3 days	½ inch	3 cups
Radish seed	2 TBS	6 hours	3 – 5 days	1 – 2 inches	4 cups
Rye	1 cup	6 – 8 hours	2 – 3 days	½ to 1 inch	3 cups
Sesame seed	1 cup	8 hours	1 day	½ inch	1 ½ cups
Wheat old fashion red winter wheat	1 cup	8 hours	1 day	¾ - 1 inch	2 ½ cups

Storage

- The sprouts typically can be stored for up to 2 weeks unless they develop a musty, moldy or offensive smell
- Rinse well, let drain and dry for 8 hours
- Put in clean dry jar with a lid - refrigerate



Organic Non GMO Seed Companies

Mumm's sprouting store...

<http://usastore.sprouting.com>

The Sprout People

<http://sproutpeople.org/seeds/popular.html>

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Sprinkle on Salads and Sandwiches



<http://www.vitalitycircle.com>



<http://www.skinnytinkie.com>



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Essene bread

- #1 Sprout 3 ¼ cups of wheat berries in water, rinse and let drain several times a day until the sprout is twice the size of the berry (2 to 4 days)
- #2 Puree sprouts with 1 ½ tsp salt let set (ripen) for about 12 hours at room temperature (some ripen up to 2 days)
- #3 Mix in 2 ¼ tsp active dry yeast to ripened sprouts and salt, and 2 TBS olive oil kneading for at least 20 minutes
- #4 Form into loaf and place into a greased pan
- #5 Let it rise several hours... Note" because of the coarse hulls the C₂O can easily escape and does not raise like other breads
- #6 Preheat your oven to 350 °F
- #7 Bake for 60 minutes
- #8 Take out and rub on butter
- #9 Keep in fridge or freezer, there are no preservatives so it can go bad quickly



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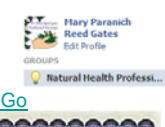
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