



SPROUTING THE BASICS





SPROUTING – THE BASICS

This e-book is very short and sweet as it is designed to give you the basics of sprouting, and since it is so easy we can do this in 10 pages.

Sprouting is easy as long as you don't complicate it for yourself you should be an expert in a couple of batches.

Just follow the instructions, be patient, and the seeds will do the rest.

EQUIPMENT NEEDED

You don't really need all those fancy contraptions that cost the earth. The best sprouts will be the ones you grow in a glass jar on the windowsill. Don't get me wrong, you can buy these sprouters' and they work reasonably well, but they are not necessary. In fact you can sprout in any container as long as you follow the three basic steps.

I have been growing sprouts for many years now and have tried all the different types of machines and sprouting gadgets, but the best results come from the glass jar with the mesh lid. It is so simple, easy to clean and takes very little space on the bench. The bench is the best place to keep your sprouting jar as it is right in your face when you go to the kitchen to make breakfast or dinner not to mention a cuppa, your

sprouts will be right there. So you won't forget to rinse them and you can keep an eye on them. They can even be stored in the sprouting jar in the refrigerator until you consume them. But I do suggest that you put a solid lid on when storing in the refrigerator, to avoid contamination. You can put them in the airing or hot water cupboard if your house is cooler in the winter months, but put a big sign on the fridge.

**“ DON'T FORGET TO WATER US!
WE'RE IN THE HOT WATER
CUPBOARD AND WE'RE THIRSTY! ”**

The jar method is very simple compared to other systems, you only need to get a mesh lid to fit the Mason or Agree Jar, which Wright Sprouts sell where you bought this book, or one of their, “Grow your Own Glass Kits”, which come with seeds as well.

If you don't have these, you can use a piece of mesh fabric or muslin, cheesecloth and either a strong rubber band or tie on with string. Buying a ready made one is a lot better, but as I have said before you can sprout in anything and using a bit of good old Kiwi intuition, you can come up with lots of ideas.



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There is a lot to be said for experience and the only way you are going to get this is to have a go. These decisions will all depend on how much time you are prepared to devote to your sprouts, your lifestyle choices and your existing workload.

This is how I started with the jar method and then got right into the gadget methods and now I've come back to the Jar method. In fact I have done a full circle. Some sprouting methods are good for sprouting beans and others for the fine seeds, but the jar works well for all.

If you are very busy but want to sprout, then get an automatic sprouting machine, they are very efficient and take only two minutes a day of your time. This is only to change the water daily and they will just grow without too much attention at all. This type of equipment does take a bit of cleaning though.

The most important thing about the equipment you choose is that it can be cleaned easily and sterilized efficiently. I believe that the jar method is the most efficient for cleaning purposes of all the equipment available. It is very important to clean your utensils thoroughly, to avoid bacterial contamination of your sprouts.

SOAKING/SPROUTING CHART

<i>Seeds</i>	<i>Quantity</i>	<i>Soaking Time</i>	<i>Sprouting Time</i>	<i>Yield</i>
Alfalfa	3 Tbsp.	4 to 6 hrs.	5 days	3 cups
Amaranth	3 Tbsp.	4 to 6 hrs.	24 hrs.	3/4 cup
Anise	3 Tbsp.	4 to 6 hrs.	2 days	1 cup
Barley	1/2 cup	8 to 10 hrs.	2 to 3 days	1 cup
Buckwheat	1 cup	4 to 6 hrs.	24 hrs.	2 to 3 cups
Cabbage	1 Tbsp.	4 to 6 hrs.	4 to 5 days	1 1/2 cups
Chia	1 Tbsp.	4 to 6 hrs.	3 to 5 days	1 1/2 cups
Chickpeas	1 cup	10 to 12 hrs.	2 to 4 days	3 cups
Clover	1Tbsp	4 to 6 hrs.	4 to 6 days	2 1/2 cups
Corn	1 cup	8 to 10 hrs.	2 to 3 days	2 cups
Fenugreek	4 Tbsp.	4 to 6 hrs.	3 to 5 days	1 cup
Flax	1 Tbsp.	5 to 7 hrs.	2 days	1 cup
Green peas	1 cup	10 to 12 hrs.	2 to 3 days	2 cups
Lentils	1 cup	6 to 8 hrs.	2 to 3 days	2 cups
Millet	1 cup	6 to 8 hrs.	1 to 2 days	1 1/2 cups
Most Beans	1 cup	8 to 10 hrs.	3 to 4 days	3 to 4 cups

<i>Seeds</i>	<i>Quantity</i>	<i>Soaking Time</i>	<i>Sprouting Time</i>	<i>Yield</i>
Most Nuts	1 cup	8 to 10 hrs.	Do not sprout	1 1/2 cups
Mungbean	1 cup	8 to 10 hrs.	2 to 4 days	3 to 4 cups
Mustard Seeds	1 Tbsp.	4 to 6 hrs.	3 to 5 days	1 cup
Oats	1 cup	8 to 10 hrs.	1 to 2 days	2 cups
Onions	1 Tbsp.	4 to 6 hrs.	4 to 5 days	1 cup
Pumpkin Seeds	1 cup	6 to 8 hrs.	1 to 2 days	1 1/2 cups
Quinoa	1 cup	4 to 6 hrs.	2 to 3 days	2 1/2 cups
Radish	1 Tbsp.	4 to 6 hrs.	3 to 5 days	1 cup
Rye	1 cup	8 to 10 hrs.	2 to 3 days	2 1/2 cups
Sesame Seeds	1 cup	4 to 6 hrs.	1 to 2 days	1 1/2 cups
Soy Beans	1 cup	10 to 12 hrs.	4 to 5 days	2 1/2 cups
Sunflower Seeds	1 cup	6 to 8 hrs.	5 to 8 days	1 1/2 cups
Watercress	1 Tbsp.	4 to 6 hrs.	4 to 5 days	1 1/2 cups
Wheat	1 cup	10 to 12 hrs.	2 to 3 days	1 1/2 cups
Wild Rice	1 cup	8 to 10 hrs.	4 days	1 1/2 cups

NOW YOU ARE READY TO SPROUT

Once you have decided on your equipment and seed variety, you are ready to start.

Lets get down to the basic process and get sprouting, how is exciting.

In just three days from now you will be eating your own sprouts.

BASIC RULES OF SPROUTING

There are only 3 basic rules of sprouting

1. Wash and soak the seeds for the required time.
2. Rinse thoroughly until water runs clear and drain well daily.
3. Harvest and store sprouts.

So that is it. They will do all the rest of the work, they will turn themselves into the most nutritious food on this planet. All that is left is for you to turn them into a delicious meal and eat them. How easy can it get?

1. SOAKING

Place a small amount of seed into the jar with the lid on and fill with water, shake around to loosen any dirt on the seed and drain.

For the finer seeds this can be done after they are soaked to avoid them coming through the holes in the mesh.

Do this several times to make sure they are clean. Fill jar to $\frac{3}{4}$ full of clean fresh water and leave for the amount of time required for that seed. (Refer Sprout Chart) Some seeds need lots of time and others less but overnight works for most and is the best time for soaking. The water may change colour during this process so don't be alarmed if this happens. Seeds that contain oils will release a certain amount during the soaking process and also other substances that nature has designed to prevent birds and insects from being attracted to the germinating seed. This will be rinsed away in the next step.



2. RINSING

Drain off the water and place the jar under the tap with a good amount of pressure to rinse the seeds. Rinse thoroughly until the water runs clear. Drain off all of the rinsing water. This process should be repeated at least twice if not three times a day. Tilt the jar on a 45-degree, angle mesh down on the kitchen bench to allow any excess water to drain. If you have ridges on the sink bench this will help to hold the jar in place, otherwise use the dish drainer or anything that will prop the jar on the desired angle. I have used all manner of different things over the year's, just a little bit of Kiwi ingenuity will suffice. Wright Sprouts Kits come with a wooden stand for this purpose.



3. HARVESTING

Now that the sprouts have grown to the desired point it is time to harvest. This will depend on what you have grown. For Bean Sprouts like mung beans then the best time, is when the tails are about 5mm long. But you may want to grow them longer as you've probably seen them in Asian cuisine and salad bars. This is your choice; I believe they are more nutritious at the earlier stage and very sweet to taste. The closer the sprout is to germination the more nutrition is still in the sprout. As they grow the nutrients are used up in the growing process, so it stands to reason to eat them while they have only small tails.

The leafy sprouts like Alfalfa and Broccoli sprouts will take longer and will have leaves appear before harvest.

Harvesting should be done when the sprouts are dry, this is very important. So when it is time for their next rinsing or watering, they should be dry, transfer to a clean sealable container or plastic bag and refrigerate. Once a seed or bean has sprouted it will continue to grow in the fridge but it will be at a slower rate.



GOLDEN RULE: *Grow, Dry, Chill.*

That is as simple as it gets. So anyone can do it. It's not rocket science or very technical just simple steps. You will find that the sprouting time will vary depending on what you choose and the maturity of the sprouts will vary as well.

Refer to the sprout chart page 4-5.

After you have grown a few batches of sprouts, I suggest you only grow bean sprouts for your first couple of attempts. These are easy and don't require too much attention. The ones to start on are, Mungbean, Blue pea, Lentil and chickpea. These are all going to take around the same time to sprout.

You will soon be more confident at Sprouting

When you are familiar with this process and feel confident then try sprouting the leafy varieties like Alfalfa, Broccoli and Radish etc.

You may want to try our new varieties, Crunchy Seed mix or Spicy Sandwich Mix, you can buy online at wrightsprouts.co.nz

Well, that's all folks, Happy Sprouting