***From seeds to salads in less than a week!***

**GUIDE TO GARDEN FRESH SPROUTS YEAR 'ROUND**

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| **SEED VARIETY** | **SOAKING TIME** | **RINSE AND DRAIN** | **AVQ. TIME TO HARVEST** | **SPECIAL INSTRUCTIONS** | **SUGGESTED USES** |
| **Adzuki Beans** | **8-12 Hours** | **2-3 Times/Day** | **2-4 Days** | **1/3-1/2 cup/Quart jar** | **Salads, casseroles, soups** |
| **Alfalfa** | **8-12 Hours** | **2-3 Times/Day** | **5-6 Days** | **2 Tablespoons seed/Quart jar. Expose to light at day 3 or 4 to develop chlorophyll** | **Salads, sandwiches, juices** |
| **Barley** | **6-12 Hours** | **2 Times/Day** | **2-3 Days** | **2/3 cup/Quart jar or for bread or sprouted flour, 3 cups/2-quart jar. For bread or flour use when tails first appear. May be dehydrated then milled. Store in freezer** | **Bread, snacks, flour, pancakes, granola, etc.** |
| **Broccoli** | **8-12 Hours** | **2-3 Times/Day** | **3-6 Days** | **2-3 Tablespoons/ Quart jar. Expose to light at day 3 to develop chlorophyll** | **Salads, sandwiches** |
| **Buckwheat** | **30 minutes** | **2-3 Times/Day** | **1-1 ½ Days** | **Rinse 2/3 cup groats for 1 minute. Keep in low light. Rinse extra at each rinse.**  **Harvest with small or no roots** | **Breakfast favorite.** |
| **Cabbage** | **6-8 Hours** | **2-3 Times/Day** | **3-5 Days** | **2 Tablespoons seed/Quart jar. Expose to light at day 3 to develop chlorophyll** | **Salads, juices** |
| **Clover** | **8-12 Hours** | **2-3 Times/Day** | **5-6 Days** | **2 Tablespoons/Quart jar. Expose to light on the 4th day to develop chlorophyll** | **Sandwiches, salads, juices** |
| **Corn** | **8-12 Hours** | **2 Times/Day** | **3-4 Days** | **1/3-1/2 cup/Quart jar** | **Tortillas, vegetable casseroles, soups** |
| **Dill** | **None** | **1 Time/Day** | **14-16 Days** | **1/4 Cup/Quart. Expose to light starting on the 12th day to develop chlorophyll** | **Salads, sandwiches, juices** |
| **Fenugreek** | **6-12 Hours** | **2-3 Times/Day** | **4-6 Days** | **3 Tablespoons/ Quart jar. Will get bitter if allowed to green** | **Salads, snacks** |
| **Garbanzo**  **Beans** | **8-12 Hours** | **2-3 Times/Day** | **2-3 Days** | **1/3-1/2 cup/Quart jar** | **Vegetable casseroles, salads, soups, hummus (can be made uncooked)** |
| **Kale** | **4-12 Hours** | **2-3 Times/Day** | **5-6 Days** | **3 Tablespoons/Quart jar. On day 3 expose to light to develop chlorophyll** | **Salads, sandwiches** |
| **Lentils** | **8-12 Hours** | **2-3 Times/Day** | **1-3 Days** | **1/3-1/2 cup/Quart jar** | **Salads, juices, vegetable casseroles, soups** |
| **Millet** | **6-10 Hours** | **2-3 Times/Day** | **2-3 Days** | **2/3 cup/Quart jar. Harvest with short tails, refrigerate your crop** | **salads. juices, vegetable casseroles, soups** |
| **Mung Bean** | **8-12 Hours** | **3-4 Times/Day** | **2-6 Days** | **1/4-1/3 cup/Quart jar. Grow in dark, allow to soak for a minute when rinsing. To develop longer roots, stress by putting weight on your sprouts starting at day 3 and lessening the weight each day\*** | **Salads, omelets, soups, Asian dishes, snacks** |
| **Mustard** | **4-12 Hours** | **2-3 Times/Day** | **5-6 Days** | **3 Tablespoons/Quart jar. Expose to light on day 3** | **Salads, juices** |
| **Oats** | **1/2 -1 hour** | **2 Times/Day** | **1-3 Days** | **See special instructions for Barley above** | **Breads, flour, granola, snacks, etc.** |
| **Peas** | **8-12 Hours** | **2-3 Times/Day** | **2-3 Days** | **1/2 cup/Quart jar** | **Salads, soups, omelets, snacks** |
| **Radish** | **6-12 Hours** | **2-3 Times/Day** | **3-6 Days** | **3 Tablespoons/Quart jar. Expose to light during last day to develop chlorophyll** | **Sandwiches, salads, juices** |
| **Rice, Short Grain, Brown** | **8-12 Hours** | **2-3 Times/Day** | **2-3 Days** | **1/3-1 cup (or more) rice/Quart jar. Do not expose to light. Harvest with short tails. Refrigerate. Cook before serving** | **Cook with less water and for a shorter time than unsprouted. Serve and eat just as you would unsprouted rice** |
| **Rye** | **6-12 Hours** | **2 Times/Day** | **1-2 Days** | **See special instructions for Barley above** | **Breads. granola, snacks** |
| **Sesame** | **2-8 Hours** | **2 Times/Day** | **1-3 Days** | **2/3 cup/Quart. There are no leaves so no need to expose to light** | **Breads, granola, snacks** |
| **Soybean** | **2-12 Hours** | **2-3 Times/Day** | **2-6 Days** | **1/2 Cup/Quart jar. Change soaking water at 8 hours** | **Asian dishes, salads, casseroles** |
| **Wheat or Triticale** | **6-12 Hours** | **2 Times/Day** | **1-2 Days** | **See special instructions for Barley above** | **Breads, snacks, flour, pancakes,**  **granola, etc.** |

**\*See detailed instructions for mung beans on sproutpeople.org. See Companion to The Sprouting Guide (on the other side) for more info.**

COMPANION TO THE SPROUTING GUIDE

By Gemie Martin

Once a seed germinates, it immediately becomes more nutritious. Protein, vitamins, and some minerals increase. A few tablespoons of sprouts can pack as much nutrition or more as a large serving of the mature plant, and much more than the seed itself. Sprouted grains are generally easier to digest and less likely to affect blood sugar levels. Starch decreases as do certain antinutrients (making the nutrients more available and usable to our bodies).

Not all seeds can be sprouted and safely eaten. If any part of the plant is not safe to eat, the sprout will not be safe to eat either. The best guide to making sure you are sprouting seeds that are safe to be eaten as sprouts is to look at what is being sold to be sprouted by reputable sources such as sproutpeople.org or trueleafmarket.com (see links below). The Sprouting Guide (on the other side) is also a good guide as to what can be safely eaten when sprouted.

To save money, you can often obtain beans and grains to sprout from sources other than those mentioned above. Costco, Whole Foods, Central Market, WinCo, and Sprouts Farmers Market are a few of the places I have found seeds to sprout. Only buy seed products to sprout that are meant to be consumed. If you buy “seed crop,” from a farm supply or nursery, it is meant to be planted and may have been chemically treated. If a seed has been heat treated, or irradiated, it is not likely to sprout. Some grains that have been hulled will be less likely to sprout. Purchase a small amount for testing.

The Sprouting Guide gives instructions for certain sprouts to be exposed to light to develop Chlorophyll. This should not be direct sunlight. Indirect sunlight or even the light in your kitchen works. Pay attention to the timing of exposing your sprouts to light. Some will become bitter if allowed to green for too long. If there are no leaves, they will not green and do not need to be exposed to light. Brown Rice is a good example of a sprout that is harvested, cooked, and eaten when the sprout tail is very short (so no light is needed).

The conditions that allow our sprouts to flourish (warm and moist), are also the conditions that allow bacterial growth. Because you cannot ensure that your sprouts are pathogen free, it is suggested that very young, elderly, and people with compromised immune systems avoid eating raw sprouts. Make sure the seed you purchase for sprouting has been certified pathogen-free. To keep your sprout crop clean and pathogen-free, make sure to rinse your seeds well before soaking. Pour off any debris or floaters that come to the top. If your sprout crop is meant to be eaten raw, the following regimen has been suggested by the Kansas State and University of Missouri extension services (third link below). The regimen goes as follows: Soak seeds in undiluted vinegar for 15 minutes. Use just enough vinegar to cover the seeds. Stir to make sure all seeds are exposed to the vinegar. Rinse for one minute under running water. If your experience leads you to believe that this cuts the germination rate for your seeds, you can do this vinegar rinse a shorter time. I always go the full 15 minutes for Alfalfa sprouts (the seed that seems most prone to bacterial contamination). After rinsing the seeds, cover with four times their amount of clean water (unless you are working with a seed that does not need soaking). Follow the instructions for each seed as to the length of soaking and frequency of rinsing. If you are rinsing your sprouts twice a day, every 12 hours is ideal. If you are rinsing three times a day, do it as close to every eight hours as possible. Use pressurized clean tap water (the spray option on many kitchen faucets) or agitate your sprouts when you rinse them. Rince them well and drain well after each rinse. If sprouting in a Mason jar, I try to coat the sides of the jar with sprouts by rotating the jar as the water drains out. This helps them drain better and keeps them from clumping on the lid. Invert the jars either straight or at an angle. If my crop is to be cooked right away (e.g. Mung Beans or brown rice), I eliminate the sanitizing step.

Let your sprouts dry out before storing. Sprouts can also be gently blotted dry with paper towels or spun in a salad spinner. When your sprouts are dry to the touch, you can put them in a container to store. Allow a little air to get in as they store to lengthen their storage life. Refrigerate at 40°F or below. Try to eat your sprouts within a week or two. As a rule, do not eat sprouts that have become slimy, wilted, or have a bad order.

According to sproutpeople.org, grains like wheat and corn are cold weather crops and will continue to grow even in the refrigerator (although at a slower rate). Many sprouted grains can be dehydrated and then ground to be flour. I dehydrate my sprouted wheat berries at around 110º F. Drying time will depend on many factors (humidity, thickness of the berries on the tray, etc.). Sprouted wheat can also be frozen at any stage to be used later. I store my sprouted wheat, my sprouted, then dehydrated wheat, and my sprouted, dehydrated, then milled flour in the freezer unless using immediately.

Sources of Information:

[https://sproutpeople.org/growing-sprouts/sprouting-basics/](about:blank)

[https://www.webmd.com/diet/sprouts-good-for-you#](about:blank)

[https://www.ksre.k-state.edu/foodsafety/produce/guidance/docs/sprouts\_home\_July2018\_final.pdf](about:blank)

[https://anrcatalog.ucanr.edu/pdf/8151.pdf](about:blank)

Sources of Seeds to Sprout (be sure to check out the videos available on their websites):

[www.sproutpeople.org](about:blank)

[www.trueleafmarket.com](about:blank)