

# Seed Sprouting

To sprout seeds, beans, or legumes of any variety, such as: alfalfa, winter wheat, sunflower, broccoli, mung beans, coriander, red clover, etc, you will need the following utensils:



- Sprouting jar, 1 quart (or larger for more sprouts)
- Sprouting jar lid with mesh screen or jar mouth ring securing a clean nylon stocking (or use a with rubber band)
- Or sprouting tray
- Sprouting seeds

Place approximately 1-2 tablespoons of sprouting seeds into jar and cover with 1 cup room temperature water. Cover jar with mesh lid and soak seeds overnight.

The next morning pour water off of seeds and rinse gently with tap water, pouring off all excess water. Turn jar on side and roll to distribute seeds evenly on interior surface of jar. Repeat the rinsing process twice daily for 4-5 days until the sprout of the seed is equally as long as the seed or kernel.

For seeds such as wheat, barley, buckwheat, etc, the length of the sprout being equal to the length of the seed is at the optimum life force energy stage and can be refrigerated and eaten within 3-4 days.



For seeds that will be sprouted into 1 to 3 inch long sprouts, such as alfalfa, broccoli, red clover, or mung beans sprouts, continue growing in jar for an additional 5-7 days, or transport into sprouting tray and spread sprouts out evenly over tray surface, continuing to rinse twice daily until optimum length is achieved (5-7 days).

After sprouting length is achieved for all seeds, transfer into tightly closed glass container and keep refrigerated until served in chilled salads, on sandwiches, or as garnish.

## Wheat or Barley Grass

To make wheat grass or barley grass, after seeds have sprouted or budded out of the end of seed, transport to 2" soil lined tray, evenly covering soil surface with sprouts, and cover with 1" top soil. Water at least once daily making sure to keep the soil moist. Sprouts will begin to show their heads in 4-5 days.

After 2-3 inches of grass or sprouts is achieved (10-12 days), cut sprouts at base of soil for wheat grass, barley grass, and sunflower sprouts. You may get 1-2 more cuttings after first cut is clipped.

