

A close-up photograph of several green sprouts, likely alfalfa or mung bean sprouts, growing in a clear glass container. The sprouts are vibrant green and have long, thin roots extending downwards. The background is a soft-focus green, suggesting more sprouts or foliage.

SPROUTING 101

The HOW, WHY, and WHAT of sprouting!

- What is sprouting?
- What can I sprout?
- Do I need special sprouting seeds?
- Where do I get sprouting seeds?
- Do I need special tools?
- Can I freeze my sprouts?
- When to sprout?
- How to sprout?
- What are the benefits of sprouting?



WHAT IS SPROUTING

- Sprouting is a natural part of the life cycle of many plants.
- When plants germinate, they may produce leaves and buds.
- For seeds germination means growing shoots known as sprouts.



HOW

- Cover the sprouting seeds with water in a mason jar, let soak for 8 hours or overnight.
- Drain until most of the water is poured out. Avoid direct sunlight.
- Repeat the rinsing and draining process two to three times a day, for 3-5 days until the sprouts are edible and grown to your liking.
- Remove prouts from jar, rinse them in a water-filled bowl. (Seed hulls may rise to the top.)
- Remove hulls and rinse again if necessary.
- Drain sprouts thoroughly. Allow to air dry on a dishcloth or paper towel. Proper drying will stop their growth and slow down spoilage.
- Store in the fridge in a container lined with a paper towel or freeze.



WHY SPROUT

- Nutritional benefits
- Affordable
- Simple process
- All year
- Enjoyable
- Rich in fiber and other nutrients



NUTRITIONAL BENEFITS

- Seeds, nuts, grains, beans are covered in chemicals called enzyme inhibitors.
- Soaking and sprouting deactivates phytic acid, an enzyme inhibitor.
- The purpose of inhibitors is to prevent premature germination while storing nutrients needed for plant growth.
- When we consume these chemicals inhibitors they reduce the absorption of important minerals and protein (can cause nutrient deficiencies and health issues).
- Soaking/sprouting bypasses this issue because it activates the seed neutralizing the inhibitors.

NUTRITIONAL BENEFITS

- Phytic acid is a compound that prevents minerals like calcium and iron from being absorbed in the digestive tract.
- Phytic acid is the way phosphorus is stored in plants, including beans, seeds, and nuts.
- Sprouting makes minerals like calcium and iron easier for the body to absorb.
- Sprouting increases the amino acids, B vitamins, and vitamin C content.

- The nutrient profile in sprouts will depend on the type of sprout, but you can usually expect high levels of:
- Folate (essential for the formation of red cells)
- Magnesium (supports the muscles and nerves)
- Phosphorus (builds bones and teeth and helps filter waste in the kidneys)
- Vitamin K (needed for blood clotting and bone formation)
- Sprouting often has higher levels of these nutrients than fully grown plants.

WHAT TO SPROUT: LEGUMES

- Legumes are plants that have its seeds in a pod.

- Black-eyed peas



- Edamame

- Fava beans

- Chickpeas (Garbanzo beans)



- Lentils

- Soy nuts



Legumes



Soybeans



Peanuts



Fresh Peas



Fresh Beans

Pulses



Dry Beans



Dry Peas



Chickpeas



Lentils

- Pulses are the dried seeds of legume plants
- Not all legumes are pulses
- Types of pulses include:
 - dry beans
 - dry peas
 - chickpeas
 - lentils



WHAT TO SPROUT: NUTS

- Cashews
- Pecans
- Almonds
- Brazil nuts
- Pine nuts
- Pistachio
- Macadamia



WHAT TO SPROUT: GRAINS

- Grains can germinate given the right conditions.
- Wheat
- Barley
- Corn
- Oats
- Rice

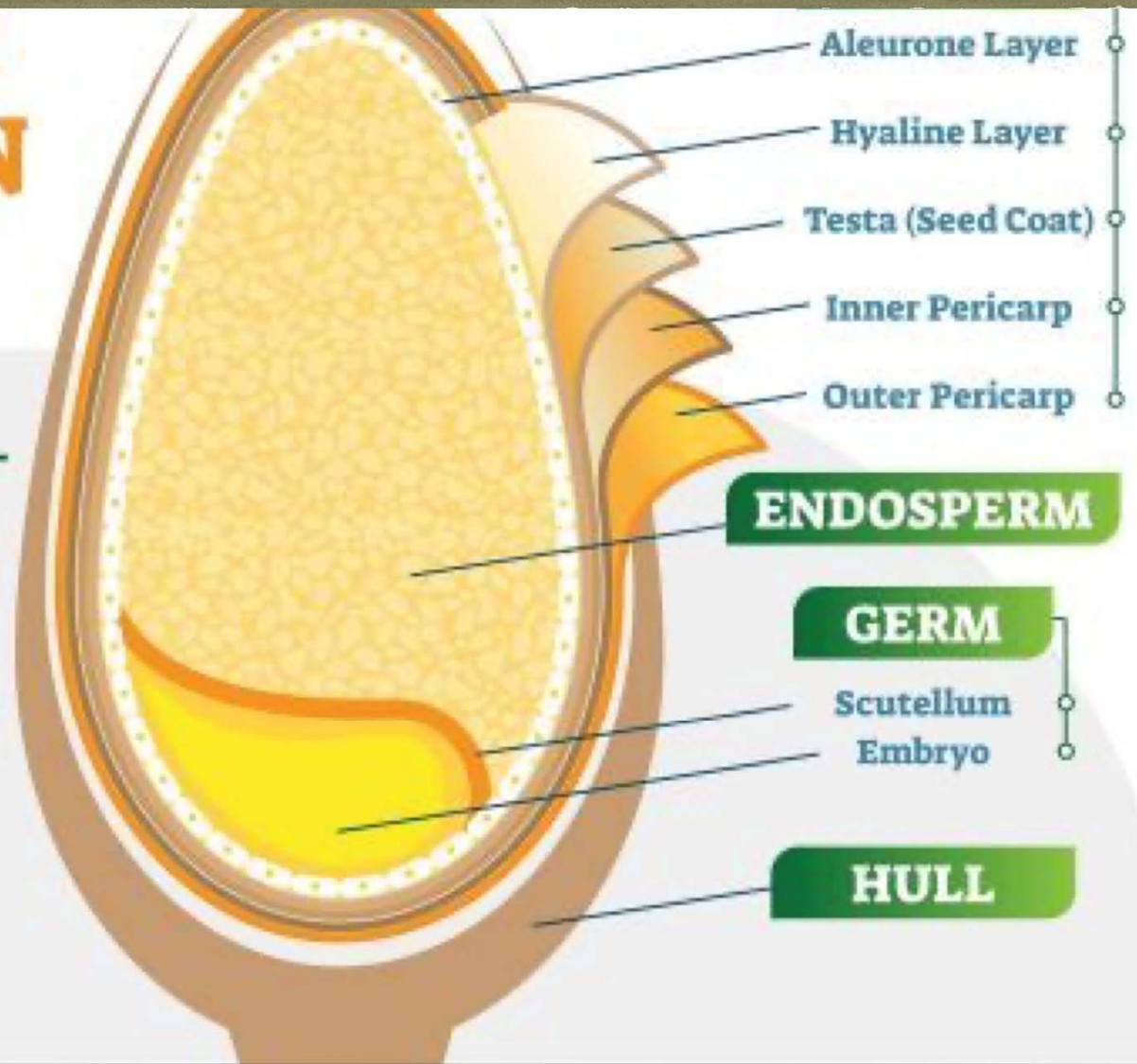


SPROUTING WHOLE GRAINS

- Whole grains include wheat berries, amaranth, barley, buckwheat, farro, millet, quinoa, rice, rye berries, sorghum, and spelt.
- Whole grains have the germ and bran intact.
- Bran is the multi-layered, hard outer covering of the kernel and consists of important antioxidants such as B vitamins, and fiber.
- The germ is the embryo or sprouting section of the kernel. It is the part of the wheat kernel that will sprout and grow into a new wheat plant.



ANATOMY OF A GRAIN



Aleurone Layer

Hyaline Layer

Testa (Seed Coat)

Inner Pericarp

Outer Pericarp

ENDOSPERM

GERM

Scutellum

Embryo

HULL

SPROUTING SEEDS?

- Seeds should be raw (not roasted)
- Non-GMO
- Organic if possible



DO I NEED SPECIAL TOOLS?



Colander for easy rinsing



Light-weight cloth for bulk sprouting



Mason Jar or sprouting jar with mesh lid.

WHERE DO I GET SPROUTING SEEDS?

- Buy from bulk section of grocery stores (e.g. MOMS)
- Amazon (green peas are only available online)



CAN I FREEZE MY SPROUTS?

- Yes, sprouts freeze well
- Wrap in parchment paper
- Or use freezer bags



WHEN TO SPROUT?

- All year
- All you need is clean water
- And seeds



SPROUTS VS. MICRO GREENS



- Sprouts are germinated seeds. The entire plant is eaten—seed, root, and shoot.
- Sprouts don't require soil or sun.

- Microgreens are the young shoots of a plant.
- Microgreens use soil and are harvested above the soil line.
- Only the shoots and leaves are consumed.



VEGGIE SPROUTS

- The sprouted version of vegetables taste very similar to their mature counterparts.
- They include beets, broccoli, clover, and mustard greens.



SPROUTED BREAD

- Made using sprouted grains (whole-grain seeds)
- Ezekiel bread is based a tradition of making bread with a mix of sprouted grains, lentils, and seeds.
- It can be made with different grains and legumes, (rye, spelt, millet, oats, barley, soy)



SPROUTED BREAD

- **3 1/2 cups sprouted wheat flour**
- **1 packet active dry yeast (NOT instant)**
- **1 1/2 cups warm water**
- **1/2 tsp sea salt**
- **1 tbsp maple syrup**
- **1 tsp oil for greasing bowl**
- **In a large bowl, add active dry yeast, 1 tbsp maple syrup and 1/2 cup warm water and let sit for 10 minutes.**
- **Once the yeast is activated, add in about 1 cup of flour and mix. Add in remaining flour and water in increments, making sure to continue to knead with each addition.**
- **Add in salt last., Knead bread for 10-15 minutes. Grease bowl and place dough into the bowl.**
- **Cover with cloth and let sit in a warm environment for about 4 hours.**
- **Preheat oven to 375F. Punch bread down (it should have risen to be twice the size) and knead again for another 5 minutes.**
- **When oven reaches temperature, place dough into a loaf pan lined with parchment paper and bake for 35-45 minutes, depending on your oven (check at 35 minutes and see if it needs a few more minutes).**
- **Remove from the oven and let cool before slicing. Store in the fridge for 1 week or the freezer for 1 month**





BLACK BEAN SOUP

- 1 purple onion
- 1 yellow onion
- 2 small cans diced tomatoes
- 1 red bell pepper
- 1 carrot
- 2 T cumin, paprika, oregano, basil
- 2 1/4 C dry black beans soaked & slightly sprouted
- Salt, pepper to taste
- Cook beans until soft, remove half of soup. Puree and pour back in.



IN SUMMARY

- Sprouting is a simple and powerful way to unlock nutritional potential.
- Sprouting creates nutrient-rich superfoods right.
- Sprouting supports digestion, reduces the risk of chronic diseases, and enhances well-being.
- Sprouting gives individuals an easy, affordable, sure way to nourishment, creating a path to vibrant health.



HAPPY SPROUTING