

SPROUTING

your own seeds, beans, grains and legumes

Why sprouting?

- Beans, grains, seeds and legumes contain enzyme inhibitors and phytic acid in the outer layer to protect them from being eaten.
RESULT = Hard to digest: When we soak, ferment or sprout it neutralizes the phytic acid and the enzyme inhibitors.
RESULT= production of beneficial enzymes, breaks down gluten and other proteins that are hard to digest – they become easily digestible!
- 10 to 30 times MORE nutrients than normal veggies
- Source of LIFE! Sprouts are packed with vitamins, minerals, proteins, fiber, amino acids and oxygen that the body needs to function at optimal levels and to protect against toxins

=== 3 Categories: ===

1. Beans and legumes:

- Adzuki
- Mungbeans
- Red lentils / green lentils
- chickpeas
- green beans
- fenugreekseeds
- Quinoa
- Buckwheat

2) Micro greens:

- Alfa Alfa
- Broccoli seeds
- garlic-
- clover
- radish
- cress

3) Sprouts:

- Sunflowersprouts
- Wheatgrass
- Snow peas

More specific:

- 1) Adzuki/mungbeans: Gives more energy, reduces bad cholesterol, proteins, regulates insulin, fights against breast and colon cancer.
- 2) Mungbeans: more energy, prevents prostetic problems, prevents hairloss and breastcancer
- 3) Fenugreek: helps with bloodpoisoning, good for the eyes, helps with fever, heartrates, good for the liver and kidneys qnd increases the production of breastmilk.
- 4) Geen lentils: Give more energy, proteins, reduces bad cholesterol, regulates unsulin, fight against breastcancer and coloncancer
- 5) Alphalfa (!!): relaxes the nervousystem, helps with a cold, alkalizes, boost immune system, heart, fertility, prevents throat and stomach cancer
- 6) Broccoli sprouts (!!): Purify blood, cleans liver, gall bladder, helps against infections, colon-, prostate-, lung-, bladder- and stomach cancer !
- 7) Radish: Purifies blood, helps digestion, good for balancing intestines
- 8) Sunflower sprouts (!!!): THE QUEEN OF ALL SPROUTS. 30X more nutrients than normal greens. Perfect source of essential amino acids. Activates every cell in your immune system, bones, muscles, nervs, brains, bone marrow and nervous system.
- 9) Buckwheat (!): BRAINBOOSTER (lecithine: brain = 25% lecithin) , alkalizes, source of iron and proteins, lowers bloodpressure, good for skin, anti inflammatory

=== Method ===

- Easy sprouter
- Glass jar / Wickpot
- Sprouting bag (you can make one out of very thin fabric)
- Sprouting set

=== Glass jar ===

=> Put the seeds, grains of beans in the jar and add FILTERED water (room temperature !) 3X more water then seeds, grains or beans

Accept Mungbeans and Adzuki = Soak in hot filtered water (40°C)

Microgreens become 10 tot 15x their volume.

=> After a few hours (depends on the seed, bean, grain or legume) rinse them with filtered water and put them back in the jar without water. Put the jars in a closet for 24h.

Don't close the jar with a lid, cover it with thin fabric or leave open.

=> Rinse 2 TIMES a day (every 8h)

=> After a few days = Harvest your sprouts :))

TIPS:

- Sprout at room temperature
- no direct sunlight.
- Use organic seeds, grains, beans or legumes
- Filtered water

Categorie 1	Weight	Soakingtime	Rinsetime	
- Adzuki	½ cup	12 h	4 days	
- Green pea	1 cup	8 h	3 days	
- Fenugreek	2 teaspoons	6 h	4 days	
- Chickpea	1 cup	12 h	3 days	
- Lentils	½ cup	8 h	3 days	
- Mungbeans	½ cup	8 h	3 days	
- Buckwheat	1 cup	3 h	1 day	
- Quinoa	½ cup	3 h	1 day	
Categorie 2	Weight	Soakingtime	Rinsetime	
- Alfa Alfa	2 teaspoons	4 h	5-6 days	
- Broccoliseeds	2 teaspoons	6 h	5-6 days	
- Clover	2 teaspoons	6 h	5-6 days	
- Garlic	2 teaspoons	8 h	12 days	
- Radish	2 teaspoons	6 h	7 days	
Categorie 3	Weight	Soak time	Rinse time	Grow-time
- Wheatgrass	1 cup	6-8 h	1 day	10 days
- Snowpeas	1 cup	6-8 h	1 day	10 days
- Sunflowerseeds	1 cup	6 h	1 day	10 days

Category 3 must be grown in soil, can not be sprouted in a jar!

After soaking and rinse time they need to be planted and watered twice a day!