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.
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 sprouts 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
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.
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)
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 on 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 years, 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