

Harvest your own **Sprouts** at home!



What you need:

Seeds: You can find a variety of seeds or even lentils or mung beans at many health food stores – usually in the bulk bins. Some stores even sell pre-packaged seeds. My favorite place to get fresh, organic seeds is online with www.spoutpeople.com. Some other reliable online sources are www.sprouting.com and www.sproutman.com

Equipment: You can use a sprout bag or sprouting jar, which you can purchase wherever you purchase your sprouts. I like to use a sprouting jar because it all happens in one container and saves space. However, you have to pay a little more attention when using this method, as mold can start to form if you skip even one soaking. More expensive options include custom sprouting machines that automatically water your “crop” every day.

How to sprout with sprouting bag:

1. Soak 1 cup of seeds for 6-8 hours in a filled jar with pure water. Alfalfa and clover are really easy to start with.
2. Pour the soaked seeds or beans into the sprouting bag
3. Hang the sprouting bag on a cabinet knob or lay it in a dish rack to dry. Once the bag stops dripping, you can lay it in a bowl
4. Dunk the bag in a bowl of water for at least 30 seconds twice a day. Breakfast and dinnertime are usually good watering times – your sprouts drink while you eat.
5. On the 4th day, submerge your sprouts in a bowl of water – rinsing away the brown hulls, which are indigestible and can cause mold issues.
6. The day you plan to harvest your sprouts, put them by a window for a few hours beforehand. This will give your beautiful sprouts a chance to draw in some extra sunlight and give them a deeper green color.
7. Your sprouts will be ready to eat in 5-7 days, depending on the seeds or beans you start with. Take them out of the bag and store in the refrigerator in a glass container with some paper towel for up to two weeks. Rinse every second or third day to keep them fresh and lovely.

Happy Sprouting!

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