Sprouting
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Sprouts are Alive: A Super Food
- Sprouts are alive and possess THE BEST nutritional value for us.
- You can live on sprouts alone; a bit boring but you could
- Sprouts are in between a seed and a plant.

How Sprouts Work
- The energy in the seed lays dormant until it touches water, which is its signal to come alive. In the first few days, the seed contains all the nutritional value to nourish the sprout growing into a plant.
- When you start sprouting, you will feel the seeds heat up, there is so much energy in them.
- When they are soaking, you can hear them crackle as they are taking up the water.
- In the winter when it is colder at night, the seeds may take a day or so longer to sprout.
- If you want your sprouts to slow down, put them in the fridge.

Buying and storing your seeds
- Try to buy Organic or Biodynamic seeds. This means they were grown naturally, the way nature intended them to grow and not with chemicals; this means they are pure food for you.
- Store seeds in dry bug-proof container, in a cool place away from extreme heat. Putting a couple of dried bay leaves in the jar with the seed is a good way to keep away some of the little bugs that thrive in that environment.
- When you buy your seed for sprouting, try to buy Australian Organic seeds. When you buy organic seeds from another country, they do not always sprout because when they come through customs, they go through processes to kill any bugs coming into the country with the seeds. This process sometimes will not let them sprout; I feel that when this happens a lot of the goodness is no longer in the seed anymore
- Buy from Organic Grocery Shops, Health food stores, Co-op’s, Organic Farmers Markets

Start sprouting
1. When you decide on how much you want to sprout, approximately 1 cup of seed grows into 3 cups of seed. Put the dried seed into a wide-mouth jar, and make sure there is going to be enough room for the seed to grow while sprouting. General rule: 1 part seed and 6 times water.
2. Fill jar up with cool filtered water; if you can use filtered water, it is better for the sprout and for you when you get to eat them.
Mix seeds up VERY WELL with your hand swishing about in the jar; do not forget to wash your hands before you do this, or you can use a long handled spoon. This will make certain all the seeds get water contact. You will notice with some bits float to the top, drain all this off with each rinse, and continue rinsing the seeds until the water is clear.
3. When the water is clear, allow seeds to soak in water for 8-12 hours, depending on the seed, see the chart on the last page. Do not forget 1 part seed to 6 parts water.
4. Put a square of mozzie net or muslin over the jar opening, secure with a couple of elastic bands.
• The choice of mozzie netting or muslin depends on how tiny the seed is you are sprouting. With very fine seed like Alfalfa, I use 2 layers of muslin over the top of the jar.
• Make sure there is not a lot of over hang on the material as this may encourage a fungus to grow and contaminate your sprouts.

After 8 – 12 hours soaking
5. Drain off the soak water and start rinsing again until water is clear, empty this water away and drain the seeds

**Sprout Tip:** Taste your sprouts each rinse

**Draining**
6. When you drain your seeds, leave the jar anywhere out of direct sunlight at room temperature.

**Storing sprouts when ready to eat:**
7. Best refrigerated when they are dry or dryish to touch, store in sealed container; recycled glass jars are best.

**Rinsing Notes**
• Through out the growing process, how many times you rinse/drain depends on the type of seed/sprout and how you like your sprouts; some like small sprouts others like longer.
• When rinsing I hold the jar at either end and shake it as though I am playing the maracas.
• If the sprouts do not have good drainage if they sit in a puddle of water, sprouting will probably fail, so allow them to lie at an angle; resting in a clean mettle dish drainer works well.
• Rinse thoroughly with cool water and drain thoroughly.
  * Rinse and Drain again in 8-12 hours.
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• After the final rinse, let them drain for 8 hours, then store them in a container with a lid, glass jars are best. Put them in the fridge but remember they are alive will continue to grow; so eat them before they get too big.

**Sprout tip:** Cleaning up your sprouting equipment, this must be washed well after sprouting each crop. Use dish washing liquid, hot water, rinse and drain, dry in the sun if possible; the Sun's UV ray kills any unwanted remaining growth.

**Recycle Water:** If it is possible recycle the water you use during the rinsing process.
- Water the garden
- Water pot plants
- Use in a flower vase
- Wash the floor
- Wash the shower the with it
- Wash the car or your bike
- Wash the dishes
- Put it in the frog pond if you have one

* Can you think of any other ways to recycle the water?

**Sprout tip:** Experiment, sprout any seed you feel might sprout. Be brave and have fun.