

ABOUT SPROUTS

Sprouts are one of nature's most nutritious foods. They are delicious, economical, and easy to grow at home. The seeds of almost any food crop can be sprouted and there's an amazing variety of flavors and textures. Have fun experimenting to see what you like best. Sprouts are a highly concentrated source of antioxidants, vitamins, minerals and amino acids. During the first two to three days of sprouting, the nutritional value of a sprout increases dramatically. The nutritional value of different types of sprouts varies widely, but many are significant sources of B vitamins and vitamin E. As the sprout develops, starches are converted into sugar and protein content remains high.

It is easy for the body to digest sprouts, which increases the health benefits. Sprouting is a great way to get vital nutrients and it's so easy! Community Market has many resources for sprouting. See our sprouting center for pamphlets and materials to get started.



SPROUTING HOW TO

! Avoid tomato seeds, potato sprouts and the seeds of other nightshades as they are poisonous!

1. Soak seeds for time indicated.
2. Drain off water and turn container to space seeds out so they aren't all in one clump at the bottom (does not apply to large seeds).
3. Store container in a dark place, like a cupboard, as seeds germinate and begin to grow.
4. Rinse two or three times per day for the number of days indicated.
5. When the sprouts have grown to harvesting size, move them to a sunny spot so the chlorophyll in the leaves can develop.
6. ENJOY!

Note: To prevent spoilage, rinse your sprouts regularly, prevent them from getting too warm or too cold, and make sure they have adequate air circulation. Most sprouts do fine in a mason jar. Some sprouts grow better if raised in cloth bags, in trays, in unglazed clay saucers, or in trays with soil.

SPROUTING CHART

Seed	Amount	Soak Time	Days
Adzuki Bean	1/2 cup	8-10 hours	3-4
Alfalfa	2 tablespoons	3-6 hours	4-6
Almond*	2 cups	10-12 hours	1-2
Black-eyed Pea	1 cup	10-12 hours	4-6
Broccoli	3 tablespoons	3-6 hours	4-10
Cabbage	3 tablespoons	4-8 hours	4-5
Chia**	2 tablespoons	2-3 hours	3-5
Chickpea	1 cup	12-14 hours	2-3
Clover	2 tablespoons	3-6 hours	4-6
Corn	1 cup	10-14 hours	2-3
Fenugreek	1/4 cup	4-8 hours	3-6
Garbanzos	1/2 cup	8-12 hours	3-4
Garlic (seed)***	2-3 tablespoons	6-8 hours	10-12
Kidney Bean	3/4 cup	10-12 hours	3-4
Lentil	1/2 cup	6-8 hours	10-12
Millet	1 cup	5-7 hours	1-2
Mung Bean	1/3 cup	8-10 hours	4-5
Mustard	3 tablespoons	4-6 hours	4-5
Oat Groats	1 cups	4-5 hours	1-2
Pea	1 cup	8-10 hours	3-4
Pumpkin	1 cup	4-6 hours	1-2
Quinoa	1/3 cup	3-4 hours	3-4
Radish	3 tablespoons	4-6 hours	4-5
Rice	1/2 cup	6-8 hours	1-3
Sesame	1 cup	4-6 hours	1-3
Sunflower****	1 cup	8-9 hours	8-9

* Almonds will swell, but won't display shoots

** Chia grows best in a clay dish

*** Garlic seeds sprout best in a tray

**** Sunflower seeds sprout best in a tray of soil



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