



## Sprouting

Grains, seeds and legumes.

Step 1 Sort the grains or legumes to remove any broken pieces that might ferment. Fill a quart jar no more than 1/3 full (they swell and grow a lot).

Step 2 Secure a piece of cheesecloth, nylon stocking or nylon window screening (available at Home Depot) over the mouth of the jar with a rubber band and rinse until the rinse water is clear. Cover the grains or legumes with filtered water 3-4 inches above the grains. (They swell as they soak, so you need 3-4 inches above them to keep them submerged)

Step 3 Soak seeds overnight, 8-12 hrs. Legumes and grains soak for 24 hours.

Step 4 Drain away the soak water. Rinse them and drain again. Keep the jars at a 30-45° angle for the best drainage (setting the jar on it's side in a bowl, dish drainer or plastic container works well). They sprout best between 68 and 84° F.

Step 5 Rinse 2-3 times daily by filling the jar with water and pouring it off. Let them sprout until the sprout tails are the same length as the grain or legume. When the sprout tails are this long, the sprouts have the highest nutritional value and ready to eat.



**Note:** For seeds like alfalfa or clover, use the same process, but keep sprouting longer until the first little leaves turn green.

Step 6 When the sprouts are ready to eat, replace the netting with plastic wrap to make the jar air tight and store in the fridge to stop the sprouting process. Continue to rinse the sprouts once a day now, to keep them clean, alive and healthy.

**Note:** Nuts don't need to sprout a tail. Just soak overnight. This is true of sunflower and pumpkin seeds also. This soaking starts the sprouting process so all the benefits of sprouting are present and the nuts and seeds become soft and sweeter.