



Grow your
SPROUTS

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Adapted from Functional Nutrition Alliance

SPROUTING 101

WHAT ARE SPROUTS?

Sprouts are seeds, nuts, beans, and grains that have been germinated with water. The germination initiates the growth process, aiding in digestibility and awakening a flood of enzymes within each seed. When sprouted, seeds are transformed from a dry, dormant storehouse of nutrition into a wealth of bioavailable vitamins, minerals, and protein that are easy to digest. Eating sprouted foods allows for increased nutrition and energy for less work!

Do this with kids. It's fun to see the sprouts grow and they're more likely to eat them!

SPROUTING EQUIPMENT

- 1/2 gallon mason jar with a wide mouth
- 1 piece of screen or mesh along with a rubber band for securing screen or mesh (or sprouting lid, available at health food stores)
- fresh filtered water
- seeds, nuts, beans, or grain of choice

SPROUTING BASICS

When sprouting, start with seeds that are chemical and pesticide free.

1. Soak
 - Soak seeds for 6-12 hours (see attached sheet for specifics)
 - Use fresh, clean water
2. Drain & rinse
 - After seeds are soaked, drain off water.
 - Drain and rinse again.
 - See chart, some seeds and nuts are ready for harvest at this point.
 - If not ready for harvest, set jar with lid at a 45-degree angle to let any excess water drain away.
 - Store jar in a cool, dark place
3. Rinse & drain daily until harvest
 - Jar should be removed from cool, dark place 2 to 3 times per day so that the seeds/sprouts can be rinsed and drained then returned to their cool, dark location.
 - For small seeds, hulls will begin to break away and tiny leaves will unfold; for grains and beans, a tail as long as the grain or bean itself determines harvest time

BASIC SPROUT CHART

<i>Seed</i>	<i>Dry measure</i>	<i>Soak time</i>	<i>Rinses</i>	<i>Sprout time</i>
SMALL SEEDS				
alfalfa	2 Tbspn	4 - 6 hours	2 - 4 / day	4 - 6 days
broccoli	2 Tbspn	4 - 6 hours	2 - 4 / day	4 - 6 days
clover	2 Tbspn	4 - 6 hours	2 - 4 / day	4 - 6 days
radish	2 Tbspn	4 - 6 hours	2 - 4 / day	4 - 6 days
BEANS				
adzuki	1 cup	8 - 12 hours	2 - 4 / day	3 - 4 days
garbanzo	1 cup	8 - 12 hours	2 - 4 / day	3 - 4 days
lentils	1 cup	8 - 12 hours	2 - 4 / day	3 - 4 days
mung	1 cup	8 - 12 hours	2 - 4 / day	3 - 4 days
SEED GRAINS				
buckwheat	1-1/2 cups	4 - 8 hours	2 - 3 / day	1 - 2 days
millet	1-1/2 cups	8 - 10 hours	2 - 3 / day	1 - 2 days
quinoa	1-1/2 cups	8 - 10 hours	2 - 3 / day	1 - 2 days
wild rice	1-1/2 cups	8 - 10 hours	2 - 3 / day	3 - 7 days
SEEDS & NUTS				
almonds	2 cups	6 - 12 hours		
pumpkin sds	2 cups	6 - 12 hours	2 - 3 / day	1 - 2 days
sunflower sds	2 cups	6 - 12 hours	2 - 3 / day	1 - 2 days

SPROUT WHAT?

SMALL SEEDS

Great addition to salads, wraps, or used as a garnish (directions on chart apply to all).

alfalfa seeds	broccoli seeds	clover seeds	fenugreek seeds
mustard seeds	onion seeds	radish seeds	

LARGE SEEDS

These seeds should be removed from their shells, and must be raw.

pumpkin seeds	sesame seeds	sunflower seeds
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LONG-SOAK NUTS

These nuts contain enzyme-inhibiting compounds in their skins that are wicked away during soaking; only use raw nuts. Soak for 6-12 hours and eat as-is, use in recipes (butters, milks, etc.), or dehydrate for crispy snacking nuts. Note: nuts sprout on the inside, so you will not see a “tail” grow.

almonds	hazelnuts (filberts)	pistachios
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MEDIUM-SOAK NUTS

Only use raw nuts. Soak for 2-6 hours and eat as-is, use in recipes (butters, milks, etc.), or dehydrate for crispy snacking nuts. Note: nuts sprout on the inside, so you will not see a “tail” grow.

Brazil nuts	pecans	walnuts
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SHORT-SOAK NUTS

These nuts contain enzyme-inhibiting compounds in their skins that are wicked away during soaking; only use raw nuts. Soak for 1-2 hours and eat as-is, use in recipes (butters, milks, etc.), or dehydrate for crispy snacking nuts. Note: nuts sprout on the inside, so you will not see a “tail” grow.

cashews	macadamia nuts	pine nuts
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SEED-GRAINS

These are high-protein seeds that are often classified and used like grains.

amaranth	buckwheat	millet
quinoa	wild rice	

BEANS

Sprouted beans can be hard to digest, so if new to sprouting, experiment before using in a recipe.

adzuki	garbanzo	lentil
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