

## Sprouting Seeds

In times of emergency we can enhance our diet by sprouting seeds. Many vitamins and nutrients develop in the sprouted seeds. It is a very easy process. No expensive equipment is necessary although of course kits with instructions can be purchased.

Be sure to buy seeds specifically prepared for consumption. Never use garden seeds as they may have been treated with chemicals.

### How to Grow Sprouts in a Jar

Growing sprouts in a jar is easy. Here's how to do it:

1. Place one to two tablespoons of seeds in your jar, and cover with approximately two inches of warm water. Let this sit overnight.
2. Drain the water, using a square of cheesecloth or window screen held in place tightly with a rubber band.
3. Rinse the seeds by adding water to the jar, swishing the seeds around, and draining. Drain the water into a container, if desired, to use for drinking or in soup or other cooking as it contains vitamins. Store the jar in a dark place such as in a cupboard during the sprouting process.
4. Repeat twice a day, every day until your sprouts are the desired size. This will take anywhere from three to seven days, depending on the variety of sprout you're growing. Sprouts are best when they're still fairly small and just starting to turn green. Alfalfa seeds need to be put in sunlight to turn green.
5. Store your sprouts in a covered bowl or food storage bag with a paper towel inside to absorb excess moisture. Use the sprouts within a week.

Some sources:

### Where to purchase seeds and/or kits

May be available at Whole Foods Markets or Sprouts Farmers Markets or Trader Joes. It is suggested that you call first to check availability.

May be ordered online, such as

[www.sproutpeople.com](http://www.sproutpeople.com)

### How to

See [www.motherearthnews.com](http://www.motherearthnews.com) for instructions and recipes

See [www.organicgardening.com](http://www.organicgardening.com)

See [www.youtube.com](http://www.youtube.com) for "How to sprouts seeds in a jar"

There will be many video choices. One particularly good one is "How to sprout-so easy!" on youtube

### Recipes

[www.motherearthnews.com](http://www.motherearthnews.com)

[www.cooking.com/recipes-sprouts](http://www.cooking.com/recipes-sprouts)

[www.sproutpeople.com/recipes-sprouts](http://www.sproutpeople.com/recipes-sprouts)