FF-06

Sprouting Year-Round

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Hello, I’m Janne

- Pronounced “Yenna”
- Originally from Denmark
- Lived in Alaska since 1994
- Masters in Science from UAF 2014
  - Taught nutrition and epidemiology
- Health coach at Golden Heart Health, dietetic intern
Optional Sprouting Kit

• 3 wide mouth Kerr jars, pint or quart
• 1 set of 3 sprouting lids
• Or mix and match
• Seeds
Additional Equipment

- Thork etc.
- Trays
- Strainers
- Big bowl for soaking out hulls
Sprout Mixes

• Interactions
  – Alfalfa and radishes interact
    • May negate “negative” alfalfa properties
  – Radish grows well with most seeds

• If one of the seeds in mix is “dark” keep dark
Dark Seeds?
Same Instructions
Next Step

• Pick your sprout from me ($2 for 1/8 – 1/4 cup) or bring your own
  – Cooking sprouts may need smaller jars or more seeds

• I have:
  – Zesty sprouting mix; clover, fenugreek, radish
  – 3 part salad mix; alfalfa, radish broccoli
  – Garbanzo beans, mung beans, green pea, fenugreek, green pea, radish
When You Get Home

• Wash jars and lids

• Soak over-night and rinse twice in the morning
  – Bring to class for evening rinse

• Or soak for 6-8 hours tomorrow, drain and bring to class to rinse
Soaking

• Let water get to room temperature
• Add seeds and stir occasionally for 6-12 hours
• Use smallest mesh lids
Rinse Demonstration

• Use lids for sieve when rinsing
• Rinse twice
  – Water and sprouts may smell
Set Aside

- Set at angle for drainage and air circulation
- All sprouts should start dark
Spouting

• Germinating seeds in a jar, on wet cotton or in dirt or spouting trays
  – Talk about each
  – This class is jar sprouting
Why Sprout

• A hobby providing locally grown food
  – Minimal investment

• Green for your eyes and home environment

• Nutritional benefits
  – Adds omega-3 fatty acids, fiber, and protein
  – Sprouting destroys anti-nutritional compounds in legumes

• Most importantly

 It’s fun
Caution

• Bacteria growth and fermentation
  – House temperature

• Are alfalfa safe?
  – Livingston et al. (Nutritional and Toxicological Aspects of Food Safety, pgs. 253-268), citing research by Malinow, report negative health effects in animals and humans from consumption of alfalfa sprouts.
  – Cousens (Conscious Eating, pg. 372), citing relevant client cases, reports no harmful effects from consumption of moderate amounts of raw alfalfa sprouts.
Different Sprouts

• Green sprouts
  – Soaked then sprouted in the dark until first leaves
  – “Tanned” for 1-2 days depending on season and location

• Dark sprouts
  – Soaked then sprouted in the dark
  – Some need short sprouting time so no leaves demanding light
  – Some leaves turn bitter if exposed to light
Green Sprouts
• Alfalfa
• Radish
• Cabbage, broccoli
• Wheat
• Sunflower seeds
• Chia

Dark Sprouts
• Chia
• Fenugreek
• Mung beans
• Lentils
• Peas
• Garbanzo, chick peas
• Cereals
To Cook or Not to Cook

Eat Raw
- Alfalfa
- Radish
- Cabbage, broccoli
- Wheat
- Sunflower seeds
- Chia
- Fenugreek
- Lentils
- Peas

Best if Cooked
- Mung beans
- Garbanzo, chick peas
- Cereals
Equipment

- I use a couple of strainers, forks, trays, Kerr jars, and lids
  - Use food safe plastic lids

- Don’t use standard/narrow jar opening
References

• https://en.wikipedia.org/wiki/Sprouting
• Google images
• http://www.living-foods.com/articles/sprouting.html