



FF-06

Sprouting Year-Round

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??Class Questions??

- Bleach, vinegar, peroxide or what?
 - 2% bleach sol (1 tsp bleach/cup hot water) or 2 tbsp cider vinegar/cup of water
 - Soak 15 min, rinse 30 sec, containers and seeds
 - Heat 3% hydrogen peroxide to 140, maintain 10 min
- Is e-coli and salmonella a problem?

?? Sprouting quinoa??

- Rinse 1 – 1.5 cups of quinoa with cold water. Place the quinoa into a 1-quart mason jar. Fill this jar to the top with more cold water. Soak for six hours.
- Pour out water and put a sprouting lid on the jar. Lid can be used as a strainer. After you pour the water out, set the jar with the sprouting lid on upside down in a bowl/container to catch excess dripping water.
- About every 6 or so hours, rinse the quinoa with water, pour out, and put the jar upside down over the bowl again.
- A day or two for sprouts to form. Once you see little-thread-like spouts coming from the quinoa, place the quinoa on a tray or plate and cover with a cloth or parchment paper to keep away dust. Away from sunlight and keep at room temperature. Allow time for the quinoa to fully dry out
- Store in a sealed plastic bag or sealed glass container in the refrigerator to keep cool and ensure freshness. It's best to use these sprouts within two weeks!

?? Sprouting soy beans??

- If your beans don't sprout well, try another supplier/variety
- Rinse $\frac{1}{2}$ - $\frac{3}{4}$ cup soy beans, remove any stones or other debris, and place in a quart-size jar/sprouting container
- Add 2-3 cups water, filling the jar three-quarters full, and cover. Soak soy beans at least 8 hours or overnight
- Drain and rinse soy beans thoroughly. Invert the jar over a bowl at an angle so beans will drain/allow air to circulate
- Rinse/drain 3-4 times/day until sprout tails appear
- Taste sprouts (not beans) daily till desired length and flavor
- Drain bean sprouts for several hours before cooking or transferring to a covered container
- Sprouted beans require cooking before consuming !!

Student input

- Scrap gardening
 - Hydroponics?
- More?

Your Sprouts

- $\frac{1}{8}$ cup small seeds = 2 quarts sprouts
- $\frac{1}{4}$ cup large seeds = 1 quarts sprouts
- Adjust amount to what you'll' eat in a week to ten days

Micro Greens

- Onion sprouts are micro greens
 - In jar or dirt
 - Less root, mostly green
- Slow germinator- 10-15 days to sprout
 - Leaves- green out of direct sunlight
- Said to be well worth the wait

Wet Cotton

- Chia for light
 - Can be dark in jar
- Smaller seeds work
- Start dark then “tan”
 - Watch them “reach”
 - Can’t grow long in cotton
- For harvest- Missing out on the roots



Dirt and Sprouts

- Sunflower, wheat, other grasses good for dirt
 - Chia in dirt or sand?
- Start dark if possible
 - Tan and turn tray
- Labor and messy



Sprout Care in Dirt and Cotton

- Don't let dry out
 - At the same time keep from molding
- Keep dark until leaves if you can
 - Watch out for mold in the dark
- Taste to pin point best harvest time
 - Individual taste

Soaking

- I hope you all had fun soaking your sprouts
 - Too long soaks are OK
- What worked and what didn't
- Keep them dark?
 - YES for both dark and green sprouts
 - Green sprouts- wait for leaves

Sprout Care for Jars

- Jar sprouting “Musts”
 - Don’t forget to rinse twice a day! ! !
 - Dried sprouts get tough or die
 - If rinse water comes out cloudy, rinse again
 - Make sure they drain
 - Too wet sprouts ferment and spoil easily
 - Keep them dark
 - Early light may toughen or bitter sprouts

Your Sprouts

- If soaked overnight and rinsed x 2 this morning
 - Rinse again
- If soaked today and just drained
 - Finish rinsing x 2
- We'll do this together

When You Get Home

- Set at angle for drainage and air circulation
- All sprouts should stay dark for now

box or towel for shade



- Rinse tomorrow morning
 - Keep in dark
 - Bring to class with second jar if crowded

Let's Rinse and Drain



References

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