FF-06

Sprouting Year-Round

Instructor Janne Maier, M.S.

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• 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 ½-¾ 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

• 1/8 cup small seeds = 2 quarts sprouts

• 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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