FF-06

Sprouting Year-Round

Instructor Janne Maier, M.S.

11-14-2018
Questions last class

• Soak water- don’t reuse for consumption
  – Many seeds shed protective toxins with initial soaking
  – Use for flushing toilet or similar

• Rinse water- divided opinions
  – http://vt-fiddle.com/blog/?tag=rejuvelac say toss it all
    • Toxin and bacterial concerns
    • Decant cleaner water off settled out solids
    • Bacteria concerns, but not toxic
      – Use for cooking
Toxins

• Decrease in first 4 days
• Some seeds remain toxic if consumed in large quantities
  – Flax, sunflower, buckwheat, certain peas
  – Better grown as microgreens
  – Quinoa is OK if OK with saponins
• Green up alfalfa sprouts to neutralize
• Chia pets
  – Fun food
  – Make sure to use sprouting seeds, not planting or food seeds
Questions

• Best water for rinsing sprouts
  – RO removes salts
  – Most plant nutrients are dissolved as salts

• Some recommend using mineralized water
  – Calcium and zinc increase by 2 and 4 fold
  – Use ascorbic acid for soaking
Wheat Allergy

- Spelt without fructans
  - Carbohydrate found in wheat
  - Also in onions, garlic, asparagus spears or energy bars containing inulin/chicory root fiber
Microgreens

- Lettuce
- Kale
- Spinach
- Radish
- Beet
- Watercress
- Herbs
- Greens
- Cabbage
- Mustard
- Chia
- Sunflower
- Buckwheat
Hydroponics
Sprouting Trays

• Some for use with dirt or cotton
  – Should provide drainage
• Other trays for regular sprouts
  – Lid or not?
Sprout Care in Trays

• Soak in jar or pitcher, then add to trays
  – Rinse in trays

• If using trays use bowl for late soaking and hulling
  – Do you need to de-hull?
First Split

• When spouts crowd
  – Competition for air and space

• Giving more space yields more sprouts
  – When jar ½+ full -> split into two jars

• Put lid with medium mesh on original jar and fine mesh on auxiliary jar
  – Un-sprouted seed in bottom of “mother” jar add oxidative stress
Your Sprouts

• Should be getting crowded in jar
  – If crowded we’ll split
  – Use “thork” and fork
• Rinse should float some hulls
  – Skim off with spoon
    • Add to compost if you have one

• We’ll do this together
When You Get Home

• Set at angle for drainage and air circulation

• Sprouts should still stay dark

• Rinse tomorrow morning
  - Keep in dark
  - Bring to class with third jar if crowded
Split

- Ready?
- Use care
Soak

• Let the tender roots gain turgor
Skim

- Hulls will float up after stirring
Drain

- Pour off water or collect for reuse
The “Mother” Jar

- More un-sprouted seeds means need for more air circulation
The “Mother” Jar

- More un-sprouted seeds means need for more air circulation
Lids and Air

- Bigger seeds bigger needs
Let’s Split Rinse and Drain

• If your brought your sprouts
• If not, be sure to care for your sprouts when you get home
References

- http://freshsprouts.dk/toxins
- healyeatsreal.com/how-to-sprout-quinoa/
- Google images
- http://vt-fiddle.com/blog/?tag=rejuvelac