FF-06

Sprouting Year-Round

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What’s what?

• Label jars

• Recognize seeds
  – By size, color, smell
Cooking with Sprouts

• Bigger sprouts are good in stir-fries

• Hummus from garbanzo
  – Soak 1 Lb. dried garbanzo 10 hrs. w. 1 tsp soda for quicker softness, drain, rinse, boil in plenty water and 1 tsp soda 1 hr.; check after 45 min
  – Mush with water while hot until smooth, add 2/3 cup lemon juice, ½ cup sesame paste, season with raw garlic, salt, pepper, paprika and drizzle with olive oil to taste
Eating Them Raw

• As part of a sandwich

• Or dinner
Keeping Fresh

• Lay down jars in fridge
  – Rotate jars occasionally
Using Them

• Eat from bottom
  – Rinse as needed
Splitting the Sprouts

• 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 green mesh on “mother” jar

• Fine mesh on second jar
  – Last jar has less hulls and almost no un-sprouted seeds
Your Sprouts

• Should be getting crowded in jar
  – If crowded we’ll split into three jars
  – Use “thork” and fork

• Rinse should float a lot of 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

• If “green” sprouts, time to “tan”

• Rinse tomorrow morning
  - Bring to class
  - Bring big bowl if you have one
Tanning Sprouts

- Avoid over heating in the sun

Rotate jars for even greening up
Split

• Ready?
• Use care
Soak

• Let the tender roots gain turgor

• Then stir
Skim

- Hulls will float up after stirring
Hulls on My Sprouts
Drain

• Pour off water or collect for reuse
Let’s Split Rinse and Drain

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

• Tomorrow, bring a big bowl and we’ll hull
References

- https://www.google.com/search?q=is+water+softener+water+ok+for+sprouting&ie=utf-8&oe=utf-8&q=is+softened+water+bad+for+plants
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