

## WHEN A SEED SPROUTS...

- Stored food & **enzymes** needed for growth of the mature plant are **mobilized**.

Protein, carbohydrate & fat is broken down (**pre-digested**) to free amino acids, simple sugars & soluble compounds.

**Vitamins**, including A, B-complex (B-12), C, E & K, **increase** to meet the growth needs of a young plant. (For example, B-complex in wheat increases 600 percent, vitamin E triples & vitamin C increases six-fold. Vitamin C in a 100 gram serving of peas goes from 0 to 69 mg. in 48 hours!)

Essential minerals - calcium, magnesium, iron & zinc are supplied in organic form, "chelated" for **better assimilation**.

**SEED & SPROUT TIPS** Nutrient-density is enhanced at the expense of calories!

- Most seeds, beans, grains & nuts are useable even if not specifically for sprouting. They must be **untreated**. Don't use garden seeds.
- Seeds are natural. Quality varies. Test. If OK, buy extra. Keep seeds cool & dry. Store nuts & hulled sunflower in refrigerator/freezer.
- Don't expect (or wait for) roots on **hulled** barley, millet, oats or nuts. Use short sprout cycle & refrigerate. Use in 48 hours or freeze.
- For combinations, use seeds with similar soak/sprout times, storage life, uses.
- There are 10 to 100 times more **enzymes** in germinated grains & beans than in raw fruits and vegetables; enzymes are at a peak when the root is merely 1/4 inch.

**GETTING STARTED** Use untreated, whole dry seeds, beans, grains or nuts. Viability is the main criteria. A good variety of human-grade organic ingredients can be found at The Birdbrain, health and natural food stores, food co-ops, grocery stores and from direct mail sources. Remember - viable seeds will be sprouted in 8-48 hours in EASY-SPROUT™.

### • Seed Quantity -

Use ½ to 2 cups of grains, hulled sunflower, whole sesame & nuts. Use ½ to 1 ½ cups of hulled buckwheat & beans. Use 4 T. to ½ cup of salad types including alfalfa, broccoli, cabbage, clover, radish. Don't use chia, cress & flax.

### • Soaking/Rinsing -

Warm soak water (bathing temperature) is best, especially for beans & alfalfa. For soaking time, 8-12 hours is fine for most types. Hulled sunflower, buckwheat & whole sesame need only an hour. Use room temperature rinse water.

### • Special handling needs - Alfalfa & Salad Types -

Most seeds need 1-12 hours of soaking & no rinsing. Salad types like alfalfa, broccoli, clover, radish, etc., are usually grown to leaf stage. Water keeps sprouts from growing into a tight, compacted mass, simplifies dehulling & rearranges sprouts for uniform greening. (At each rinse, fill sprouter with room temperature water, loosen sprouts with a fork, stir, skim hulls, drain well & loosen.) See Sprouting Notes. Sample sprouts as they grow. When sprouts are the way you like them, eat or refrigerate. Remember - readiness is relative to variety, temperature, usage and preference.

### EASY-SPROUTING™ CHART (05-2009)

Seed Types	(Cups) Seed	(Y/N)‡ Rinse?	(Hours) Soak	(Hours) Sprout	(Y/N) Freeze?
<b>BEANS**</b>					
Garbonzo (see notes)	½ - 1½	N	8-12	16-36	Y
Lentil	½ - 1½	Y/N	6-8	16-36	N
Mung Bean	½ - 1½	Y/N	8-12	16-36	N
Peas	½ - 1½	Y/N	8-12	24-36	Y
<b>GRAINS</b>					
Barley, Millet, Oat - hulled	½ - 2	Y/N	2-12	4-36	Y
Kamut, Spelt, Wheat	½ - 2	N	2-4	4-18	Y
Quinoa	½ - 2	Y/N	8-12	12-36	Y
Short Grain Rice	½ - 2	Y/N	2-4	12-24	Y
Rye, <u>hulless</u> Barley & Oat	1 - 2	N	8	24	Y
<b>MISCELLANEOUS</b>					
Buckwheat - hulled	½ - 2	N	4-8	16-36	Y
Sesame - unhulled	½ - 2	N	½-1	8-24	Y
Sunflower - hulled	½ - 2	N	1-2	8-18	Y
<b>NUTS</b>					
Almond, Brazil, Filbert	½ - 2	N	1-2	0-18	Y
Peanut (legume, actually)	½ - 2	N	2-4	0-8	Y
Pecan, Walnut	½ - 2	N	8-12	0-24	Y
<b>Salad Types (See Notes)</b>					
Alfalfa, Broccoli, etc.*	¼ - ½	Y	6-8	36-96	N

\*+Cabbage, Clover, Fenugreek, Black Mustard, Radish, etc.

\*\*Beans lick Black Eye, Pinto, Soy, etc.

‡Any seeds can be rinsed (& must be with older methods) Non-salad types grow, taste & store better (fresh or frozen) with a No Rinse technique.