

Growing Sprouts

Growing sprouts is a quick and easy way to at the very least keep someone from starving to death.

You'll need a quart (32 fl oz) wide mouth mason jar with a special lid that has a screen for water in, out, and air flow plus stand offs to sit upside down and still let air in.

While it's relatively easy, there are a few things you'll need to keep in mind. You must do the rinsing on a regular basis otherwise you grow mildew and mold along with your sprouts, and this is NOT a good thing.

We use a 7 seed blend for sprouts because it has many, many vitamins, minerals and even protein.

To start, put 2 not too heaping tablespoons of the seed mix into a quart jar. Fill the jar to about 2-3 inches above the seeds and let stand for 12 hours or so. Best to do this the night before so in the morning you can get them started.

After the 12 hours, pour out the water, refill the jar to about ½ full, swirl around for 10-15 seconds and dump the water out, shake out as much water as you can, then set the jar lid down at an angle so it gets some air flow and continues to let the water drip out. Setting the jar in a bowl or in a dish drainer are both good options. Some set them on their side, rotating the jar so the seeds can stick to the sides instead of being clumped together.

Note: Do not set the jar in direct sunlight as you can burn them at this tender stage of growth. Some say to put them in a dark cabinet, I didn't and they've grown very well.

Approximately 12 hours later that evening, repeat the process of filling the jar, swirling the seeds and water around for 10-15 seconds and pour the water out. This is Day 1.

Repeat morning and evening each day for the next 4 days.

As you get more and more sprouts in the jar, you'll need to fill it fuller and fuller with water to adequately rinse the sprouts and the sides of the inside of the jar.

If you miss one of the rinsings, do it as soon as you remember so that it will rinse out any beginning stages of mold or mildew, then get back on the regular morning and evening schedule.

At the end of Day 5 or beginning Day 6, rinse one last time, then remove them and put them on a dish towel and pat them dry. You can let them set out for several hours before putting them in a container to refrigerate.

Put them in a container with a layer of paper towels to absorb excess water and keep refrigerated. You should try to eat them within 7 days of harvesting.

You can put them in salads, on sandwiches or just grab a small handful and eat them straight. Enjoy!