

# Local Food Learning & Leadership Program



## Growing Sprouts

### Why should you sprout?

**Sprouting is an easy, quick and affordable way to grow your own food!** A sprouting seed is transformed from a long-term storage unit into a living plant when it's exposed to water. It only takes a few days for the sprouts to grow and turn green. Pull the sprouts out of the jar and these tiny, nutritious plants are ready to eat!

### How do I use sprouts?

Sprouts are a delicious way to add some crunch and freshness to a sandwich, salad, stir-fry or just to eat as a healthy snack! Most sprouts are edible as soon as you see a tail (the root) emerging from the seed, but you can let them grow as long as you want.

### Ready to get started sprouting?

What you'll need to sprout at home:

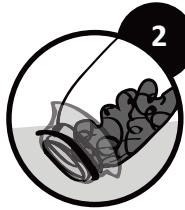
- Cheesecloth, screen, or piece of fabric
- Large glass mason jar (preferably wide-mouth)
- A bowl to stand the sprouting jars in when draining
- Rubber band or a canning ring to hold the cheesecloth or screen in place
- Sprouting seeds
- A cupboard or corner of your counter out of direct sunlight

### Easy Sprouting Directions



1

**Soak 2 - 6 hours:** Put 1 or 2 tbsp seeds in a wide mouthed jar (use more seed if sprouting a large seed like peas). Cover jar with screen or mesh and secure with rubber band. Add water, swirl and drain. Refill with about 1 cup of water, soak seeds for 2 to 6 hours, then drain water.



2

**Rinse twice a day:** Rinse seeds by refilling jar with water and gently swirling. Drain water. Turn upside down and prop jar at an angle in sink or bowl.

\* The water from soaking and rinsing the sprouts is great for houseplants, gardens, or your compost pile. \*



3

**Enjoy:** Ready in 3 - 6 days! To keep fresh, refrigerate well drained sprouts in a sealed container.

*Easy, fresh and delicious!*

### What seeds can I use for sprouting?

To get the best results, you should use clean, untreated, fresh, organic seeds. You can order great sprouting seeds online from 'Mumm's Sprouting Seeds' in Saskatchewan at [www.sprouting.com](http://www.sprouting.com).

In general, any plant from which you might eat the stems and leaves is a good for sprouting. Plants from which you only eat the fruits (such as tomatoes and peppers) won't work. You can try out alfalfa, arugula, bean, radish, beet, pea, broccoli, cabbage, clover, flax, and sunflower sprouts.



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