

**Natural Health Clinic  
2001 W. Kenosha Street  
Broken Arrow, OK 74012  
1-800-798-HERB  
A 21st Century Wellness Center**



From the Desk of  
Faith Pierce  
Doctor of Naturopathy

**Sprouted seeds, beans and grains are the most ENERGY-FILLED foods available today. Sprouts are the only food that are alive with energy as they are eaten. Blend with fresh salad, mix with brown rice or eat alone as a meal.**

**Put seeds in a sprouting jar or a wide-mouth half gallon jar. Fill the jar 3/4 full with purified water. Secure the sprouting lid or use mesh, nylon hose or cheese cloth. Allow the seeds to soak overnight about 10 to 12 hours. The smaller the seed, usually the less soaking time required. For example, alfalfa seeds require only about 6 to 8 hours. Conversely, the larger the seed, the more soaking time required. For example, garbanzo beans require about 16 hours soaking time. Pour off the soak water and rinse the seeds well under filtered tap water. Let the seeds drain at an angle in your dish rack. Rinse 2 or 3 times a day with filtered tap water until the sprouts are about half the length of the seed (alfalfa takes a little longer). Put the sprouts in the plastic bags and store in the refrigerator.**

**The following method works well for sprouting mung beans, garbanzo, lentils, whole dried peas, Alfalfa seeds, and others. -**

**\* Soak one Tablespoon of seeds or 1/3 cup of beans in one quart of purified or filtered tap water overnight. In the morning, drain and rinse seeds.**

**\* Place the drained seeds or beans in a quart jar, and cover it with a dampened washcloth or a piece of nylon screening or cheesecloth. Fasten the end with a rubber band.**

**\* Turn the jar upside down so it can continue to drain. Then lay the jar on its side: this allows the sprouts to breathe" through the open end.**

**\* Continue to rinse and drain the seeds or beans twice a day for three to five days. Then take the sprouts, and put them in a colander. Drain well and refrigerate.**

**\* citric acid is used to reduce spoilage.  
dissolve one teaspoon per quart to soak and rinse water. Rinse sprouts before serving.**



Variety	Soak (hours)	Dry Measure	Length at Harvest	Ready in (days)	Sprouting tips	Nutritional Highlights	Suggested Uses
Mustard	4-6	1/40	1"	4-5	F-lot flavor; mix with other seeds.	Mustard oil, vitamins A & C, minerals	Juices, salads, sandwiches, soups
Oats	12	1 C	1/4-1/2"	2-3	Find whole sprouting type,	Vitamins B & E, protein, carbohydrates, fiber, minerals	Breads, casseroles, cereals, soups, sprout loaves
Pumpkin	8	1 C	1"	1	Swells up, does not sprout.	Protein, fats, vitamin E, phosphorus, iron, zinc	Breads, cereals, cheeses, desserts, dressings, milks, snacks, sprout loaves, yogurts
Radish	4-6	1/4 C	1"	4-5	Hot flavor; mix with other seeds. Develops chlorophyll.	Potassium, vitamin C	Dressings, juices, Mexican-style food, salads, sandwiches, soups
Rye	12	1 C	1/4-1/2"	2-3	Try mixing with wheat & lentils,	Vitamins B & E, minerals, protein, carbohydrates	Breads, cereals, granola, milks, salads, soups
Sesame	4-6	1 C	1"	1-2	Tiny sprout, turns bitter if left too long.	Rich in protein, calcium & other minerals; vitamins B & E, fats, fiber	Breads, candies, cereals, cheeses, dressings, milks, salads, yogurts
Sunflower	8	20	1/4-1/2"	1-3	Use hulled seeds. Mix with alfalfa & grow 4-5 days.	Rich in minerals, fats, protein, vitamins B & E	Breads, cereals, cheeses, desserts, dressings, milks, salads, soups, sprout loaves, yogurts
Triticale	12	1 C	1/4-1/2"	2-3	A grain hybrid like wheat,	Carbohydrates, protein, vitamins B & E, phosphorus	Breads, cereals, desserts, granola, milks, salads, snacks, soups
Watercress	4-6	4 Tbs	1/2"	4-5	Spicy; mix with other seeds,	Vitamins A & C, minerals	Breads, garnishes, salads, sandwiches
Wheat	12	1 C	1/4-1/2"	2-3	Try short & long, For sweeter taste! mix with other seeds,	Carbohydrates, protein, vitamins B & E, phosphorus	Breads, cereals, desserts, granola, milks, salads, snacks, soups