

Sprouting for Health & Hope

I want to tell you the true story of a family of seven. This happened about the mid-1970s. The father found himself unemployed for a time. He did not want to go on welfare, so sought an alternative way to put food on the table. This man and his wife started sprouting a wide variety of seeds. The family spent a total of \$59.71 for the cost of all their seeds, and lived mostly on sprouts for almost half a year. The total food cost for each member of the family worked out to about \$.018 per meal. No one suffered any ill effects of this narrow diet, in fact, none of the children had so much as the sniffles during this six-month period.

Source: Heinerman's Encyclopedia of Nuts, Berries and Seeds, Reward Books, pgs. 370, 371.

Did that perk you interest?

Please consider another true story. In France, during the Nazi takeover, there was a small private school out in the country. They had a matching number of Jewish children smuggled for them to hide. During the remainder of the war they hid the children, but the food for this school was rationed by the Nazi-controlled government. They had to make the school's supply of food go twice as far. They watered down the soups, that kind of thing. They all survived the war, but were a little leaner by its end. Now I ask you to consider, "If someone had basic knowledge of edible wild plants and

the use of sprouting, what difference could that have made?" Remember in our own country they doled out "ration cards" during World War II. What happens if they do it again, but this time you must have the number of the system to be able to buy your portion of "bread and sugar"? Maybe you can see the significance sprouting could potentially offer you and your family.

I talked with someone who made the comment he didn't have space to grow enough food to supply for his family, in case of some emergency. I told him that wasn't necessarily true. I lived in a camper and could grow enough to feed my entire family using the back-side of the shower in the bathroom.



Sprouting racks in the back of the shower in the camper. An extra shower curtain was hung in front to separate them from whoever uses the shower. The curtain also kept the sprouts in a darker environment. In limited space, you can still process 32 quart jars at a time. Enough to feed a small family!

HOW YOU DO IT:

There are different methods for different seeds. For ease of growth, I will be covering the most common jar method. I have included a chart listing quantity of seed, and soak and rinse time for processing with a standard quart jar.

I will be taking you on a lesson of raising “easy keeper” sprouts. You start with the proper amount of seed set to soak, generally overnight, and dump the water in the morning. Pour in fresh water immediately after dumping the soak water. Rinse and pour off. Thereafter you rinse morning and evening until the sprouts are ready. Store the jars upside down, at an angle to drain. When the seeds are finished, properly wash the jars and lids before using again.



These jars of sprouts are in a walk-in closet. A sheet of plastic was used to protect the wall from water damage. A closet efficiency storage rack was used to hold the sprouts. Under the rack you can see a water catch tray. This has to be manually dumped and cleaned daily. The plastic must be held out slightly at the bottom to be sure the water will go into the tray.

LIDS: The lids need a screen. You might want to cut “plastic-canvas”, from the hobby store, to fit circular canning jar lids. Other options include: cutting splatter or fine-wire screen to the circles, using cheese-cloth held on by canning jar circles or rubber bands, you can even buy pre-made screening lids at health-food stores. My main concern is to use something with fine holes to keep little fruit-flies from infesting a jar.

DARKNESS: In sprouting, the need for darkness is highly over-rated. Some say you can’t grow sprouts unless they’re kept in total darkness. You should put them in the light for half a day (if you want to green them) after the final rinse. Sprouts are not really all that picky. A low-level light doesn’t seem to change my production or quality level.

RINSING: Don’t rinse with warm water. It will increase failure due to molding. The soaking time varies per seed, but they generally have a wide margin. One that does not, is buckwheat. If you soak it too long, you will kill the seed - drown it to death. Some require double-rinsing at each rinse, to make sure the water you pour off runs clear, again this is needed for buckwheat. Some, such as garbanzo beans, produce so much mucousy stuff they require a lot of rinse times, 5 per day! That is why I haven’t included garbanzos on my list.

FILTERED WATER: Depending upon where you get your water, you may want to filter it, both for health as well as for sprouting ability. Chlorine hinders sprouts. Even on a lawn, it retards the ability to green if not filtered of the chlorine. You may make due with unfiltered tap water, but if you are serious for long-term sprout production, you will want some filtration for healthier sprouts.

MAINTAIN HEAT: In watching our budgets, the issue of keeping sprouts warm is a concern during winter. Since they use so little space, it is really a small price for all the produce you will grow. A sprout room converted from a walk-in closet, is a small area to heat. A small thermostatically controlled electric heater is sufficient. When the temperature plunges, the room is so small the heater reaches the desired temperature quickly and shuts off. Even on a worst-case scenario, where it ran 24/7, a small 1,500-watt heater is all that is needed. It can only use so much power.

Different sprouts have different optimal sprouting temperatures. For the spectrum of sprouts I use, I have found about 75-80 is ideal. Cooler

temperatures can result in molding and doubling the growth time. Alfalfa that fills the jar in three days during a nice 90-degree summer day, will take about a week during a cooler 65 degrees in the winter.

ORGANIC: Buy organic if at all possible. Never buy “GMO” or “biotech” seeds. Certified organic is a help for protection from GMO contamination. A food cannot be certified organic if it is GMO or bio-tech. An excellent book on the subject is *Seeds of Deception* by Jeffrey M. Smith. Also check the website: www.seedsofdeception.com (*Warning:* The book contains *must-know* information but there are occasions in the use of swear words.) If you plan on trying corn, going organic on the corn is a must, since the majority of remaining corn is GMO. Same with soy, but I would advise totally avoiding soy beans.

A LOOK AT SOME MAIN SPROUTS:

ALFALFA: Alfalfa is a very nutritious sprout. In the past few years, there has been a problem with contamination. Some stores actually went on a quarantine for six months on alfalfa sprouts. I found the seeds I purchased at the health food store were poor quality. In sprouting, they were almost a complete failure rate. The health food store couldn't even get them for me eventually. I went online and found a supplier that we have been very happy with. The seeds have worked wonderfully. I get no kick-back from them, I just want to recommend a hard-to-find good supplier of certified organic alfalfa. The supplier is: Handy Pantry Sprouting - Living Whole Foods Inc., Springfield, UT at (866) 948-4727 or on the web at www.handypantry.com.

Another concern is GMO alfalfa. If it does get the wide spread usage approval, it could become very hard to get non-GMO alfalfa. Pollen from GMO alfalfa will travel. If it does get wide use approval, it will become all the more important to get certified organic seed and possible extra-security with “non-GMO project verified” labeling.



Wall-mounting shoe-racks can also work great for handling jars. This one has an old shower curtain placed behind it to protect the wall from the water. It also has a catch basin beneath it. If you are a handy-man, and make your own, avoid wood. The water will ruin it too quickly.

ALMONDS: I group almonds and sunflower seeds in the same jar for a short sprouting period. I do 16 raw almonds and a quarter cup of raw sunflower seeds for two people. I soak them overnight. Rinse in the morning and again in the evening. The following morning I do the final rinse and they are ready to eat. You will not notice any growth on the almonds, but they have undergone a chemical change. The difference is such that my wife cannot eat eight almonds unsprouted without feeling sick, but the sprouted bring no such effects.

All seeds have a natural chemical that prevents sprouting until the right conditions are met. The soaking destroys that chemical. The presence of that chemical can be a deterrent to human tolerance of the food or being able to benefit from it.

BUCKWHEAT: This is an extremely valuable health-packed food. The seed can be pricey, but good prices can be found. This one does require more rinsing in the morning and evening. Two or possibly three rinsings at each time might be needed. The goal in rinsing, is for the water to run clear with no bubbles. After such a clear rinse, it is ready to set back on the racks to keep growing.

CLOVER: Clover grows easily and tastes great. It is an excellent nutritional food. The only drawback is the price of the seed and difficulty in finding it.

CORN: I have not actually sprouted corn. If you want to try it, I would go to the effort to get organic seed and certified “non-GMO project verified”, as I spoke about on alfalfa. GMO corn has been around awhile and the majority of corn in the U.S. is GMO contaminated.

FENUGREEK: From my perspective, this is one of the easiest to sprout. It has a strong “mid-eastern” flavor. It also contains a good amount of natural testosterone. Few plants have this. Women also need a certain amount of testosterone. If they do not naturally make the amount they need, they suffer in health. My recommendation is for women to slowly increase the amount they eat. It can have strong effects on their system.

LENTILS: These sprout very easily, but you will want to take them for a taste test before ordering a lifetime supply. These also serve as a legume for combination with a grain for a complete protein. I have used sprouted lentils in a cracker of 1/3 lentils, 1/3 rye and 1/3 wheat with a dash of salt. You can find lentils in the supermarket in the dried beans section. I have used bags of those for sprouting on many occasions. I have also sprouted jars of lentils for our horses and they have loved them.



This working area doubles as a dehydrator for processing sprouts into crackers. The sprouts are ground with a meat grinder. I add some untreated salt. I spread the ground sprout mixture on trays to dry in the racks beneath. All this fits in the walk-in closet.

MUNG: Those luscious mung sprouts you find in the supermarket, forget it. They have a special system of weights and gases to get those beauties. Mung beans require a weighted pressure system to grow large. This is not an easy sprout. On the simple level you can succeed by harvesting them relatively small. Grown in the jar to about an inch long is easily done. After this, they start to brown and rot easily. If you refrigerate them at this smaller stage, they will stay fresh and stop growing long enough to enjoy them. Even harvested at the shorter stage they are very nutritional. They are high in Vitamin C.

PEAS: Another slightly tougher one is the pea. You must use whole peas. Again, they do require double-rinses, or more, and they can taste kind of chalky, but there are some species that taste just like fresh picked peas. Also, sprouted peas are a complete protein (rare in the vegetable world)! They contain all of the essential amino acids.

RADISH: Radishes sprout easily, but are strong flavored. If you love, *and I mean love*, the strong taste of radishes, this one is for you!

RYE: This is good for use in bread-making. It sprouts easily. It is definitely tougher in the grinder than the wheat or lentils, but is well worth adding to your diet.

SUNFLOWER: I have covered the jar mixture under “almonds”, but some other important information needs to be covered. Sunflower are fantastic, but they don’t do well in a long jar sprouting method. If you want to do better on the long-haul, you must take the sprouted seeds and plant them in a shallow tray of dirt. Better yet, just plant them in a shallow tray from the start. They will grow nicely to provide a salad vegetable in small areas. You grow them until about eight inches height and trim at ground level for your greens. These will need light, but can still be grown in a small heated indoor area. If you are counting on

indoor lights, you can use special full-spectrum light bulbs and place numerous trays on a rack system for that limited space.

WHEAT: This is also one of the easiest to sprout for constant success. I have never had one jar of wheat go bad. It sprouts fast and is a totally different creature to the non-sprouted wheat. For example: horses should never be fed non-sprouted wheat. Their digestive system can't handle it. Sprout it though, and it becomes something that benefits their health. For ailing horses, we might sprout wheat, mix spirulina and some other stuff with it. You can find a health supplement for horses on-line that is a mixture of sprouted wheat plus spirulina and other stuff.

The unsprouted wheat are called wheat berries. Beside health-food stores, I have seen them available in the flour section of the supermarket. They supply it for those more adventurous bread-makers who want to grind their own flour.



This tray is the produce of just two quart jars of wheat sprouts. Three days from start to finish in the sprouting process. If desired, they are ready to grind and dry out or bake for a type of bread or cracker.

SPROUTS AS A FOOD:

ENZYMES: Sprouts are in a kind of “pre-digested” form. They are packed with some critical elements

we all need more of, enzymes. Enzymes get killed off in the cooking process. About all they can survive is 120 degrees Fahrenheit. That is why making a bread from dehydrated, sprouted grains is the way to go. The enzymes survive.

Absolutely everything your body does requires enzymes. Different enzymes are needed for different functions. You couldn't even blink an eye if all the enzymes in your body were destroyed. Your heart couldn't beat one more beat.

Your body has a store, but uses it up during life. The more food with depleted enzymes, the more your body has to draw on its store. That store will give out sooner if you never gain sources in your food supply.

VARIOUS FORMS: Sprouts can be prepared for eating in a variety of ways. Salads work great and can be kept healthy by simply cutting up fresh fruit, such as grapefruit, and mixing it in, maybe sprinkled with ground-up nuts. Processing into a bread is another good method.

There is a not-so-tasteful drink, but vital nutrient resource pioneered by Ann Wigmore. She called her drink ‘Rejuvelac’. To create your own, soak a quarter cup of some seed, such as wheat or mung beans, overnight and rinse to allow sprouting to begin for a day. Take this and mash it up. Put it back into the jar and fill with water. Set this aside. Pour off the liquid and drink after the three days of being set aside.

The enzymes culture a highly nutritious drink that has been known to help alcoholics abandon their drink! For further study on the myriad of uses for sprouts, Ann Wigmore wrote the diet she put into use at her clinic, “The Hippocrates Health Institute”. She went full-boar into the use of sprouts and she saved many lives. She died in her eighties in a house fire. She had such good health herself, she still had her natural hair color and was reported to be seen a couple of weeks before her death running around her garden like she was a teenager. She had



In the top three shelves on the left, are jars of Rejuvelac being aged. Those in the first day of aging are placed on the top. As each day rolls around and the new jars are added, they are rotated. Those who have spent the third day, on the third shelf, are three days old and ready. These are then poured off and stored in the refrigerator for drinking. We feed the remaining pulp to our chickens. They love it!

such reported vitality. What became of the health clinic she ran after her death was one leader split off to found a “new-age” occult styled treatment center elsewhere. Another stuck to the nutrient plan she had developed and set up a clinic elsewhere.

ESSENE’S RULE: Among the many manuscripts found in the Dead Sea scrolls, we find instructions that required all seed for food be sprouted first. Here is some instruction on making bread that was found. In reading it, remember the term for “angel” also means “minister”, if that helps. (Disclaimer: I do not recommend the Essene religion.):

“How should we cook our daily bread without fire, Master?” asked some with great astonishment. ‘Let the angels of God prepare your bread. Moisten your wheat, that the angel of water may enter it. Then set it in the air, that the angel of air may also embrace it. And leave it from morning to evening beneath the sun, that the angel of sunshine may descend upon it. And the blessing of the three angels will soon make the germ of life to sprout in your wheat. Then crush your grain, and make thin wafers, as did your forefathers when they departed out of Egypt, the house of bondage. Put them back again beneath the sun from its appearing, and when it is risen to

its highest in the heavens, turn them over on the other side that they be embraced there also by the angel of sunshine, and leave them there until the sun be set.”

Essene Gospel of Peace, a 1st century manuscript

A FEW WORDS OF CAUTION:

POISONOUS SPROUTS: There are toxic sprouts to NEVER have. Among these, never sprout tomato seeds. Also, those easy to grow sprouts you find on an old potato are lethal as well!

RINSE WATER: As you pour off that initial soak water, you might think that if you drank it you might get some pretty good nutrition. Such is not the case. The process of the soaking and the rinses removes toxins. You may notice some frothing, or bubbles which you are rinsing away. These are toxins. You want to rinse so it is clean, no bubbles. Don’t drink the soak or rinse water, don’t even use it to water your plants. Pour it down the drain!

FARM SEED SUPPLIERS: Don’t buy seeds from a farm supplier for your home sprouting. I went into a farm supplier for “beans”. I figured I might save some money buying them that way. The dealer warned me not to do that. He told me they treat the seeds with a toxic substance to help preserve it for the farmers use. They plant those seeds and we eat the “seed” from that plant. Sprouting is eating that seed directly and would be dangerous.

BALANCE: It is important to maintain a balance if you find yourself eating a larger amount of vegetables and fewer complete proteins, such as meats, eggs and dairy. Part of the method of doing this, is by combining different foods that have the different amino acids in the same meal! For instance, rice and beans at the same meal serve this purpose. Rice at lunch and beans for dinner doesn’t work. As far as this goes for sprouts, a bread made of the combined wheat and lentils ground and mixed together gets that same combination, like rice and beans. As far as any vegetable food that contains the

whole package of necessary essential amino acids goes, there is almost nothing. The only exceptions I know are sprouts of both peas and mung beans. Unsprouted does not give the complete mix!

SALMONELLA or E. COLI: What about the salmonella or E. coli hazard? Just like anything, you need to watch for signs of disease, and process in a sanitary condition. This isn't hard to do. I have been growing sprouts in large quantities, almost daily, for at least seven years and never have I caught sickness from eating bad sprouts. I have had some jars mold on me, but I just threw those out.

DIETARY CHANGE: If you're not used to eating a large portion of vegetables, increase the amount you eat over a few weeks. Your body always has to have adjusting time for any significant change in diet.

LET'S GET STARTED:

WORKING TABLE: The following table is a compilation of basic information about each of the seeds I covered in this brochure. There are many more seeds to experiment with. The "shelf life" is what has been listed by some, but is by no means absolute. Storage conditions will change the time. Relative health of the seeds will change the length. Also, if you will notice the length given for lentils, I gave the standard information, but my personal experience with some organic supply was it lasted for a year. On the other side, you will see the wheat at just two years. I had the opportunity to purchase a larger quantity, so did more in-depth research on it. There were sources that said up to 20 years. The wheat I have purchased is the hard-red winter wheat that the chart listed at 2 years, but mine is sprouting gang-busters at over three years old. Thus said, take the "shelf-life" lengths with a grain of salt.

The quantity is for use in a quart-sized jar and the soak time is critical for some and less important for others. One factor will be if you start it at night, you might not want to set your alarm for 2 a.m. to get up to rinse off.

SEED	SHELF LIFE	QUANTITY	SOAK TIME
Alfalfa	4 years	2 Tblsps	3-6 hrs
Almonds	4 years	Amt Des.	10-12 hrs
Buckwheat	2 years	2/3 cup	20-60 min.
Clover	4 years	2 Tblsps	3-6 hrs
Corn	4 years	1 1/2 cups	10-14 hrs
Fenugreek	5 years	1/4 cup	4-8 hrs
Lentils	5 years	3/4 cup	5-8 hrs
Mung	5 years	1/3 cup	5-10 hrs
Peas	5 years	2 cups	7-10 hrs
Radish	5 years	3 Tblsps	6-12 hrs
Rye	2 years	1 cup	6-10 hrs
Sunflower	2 years	1 cup	2-4 hrs
Wheat	2 years	1 cup	6-10 hrs

The chart quantity list is for use in a quart jar. I prefer the wide-mouth jars for ease of cleaning. Out of those listed, the easiest ones sprouted (in the way I have discussed under each one) would be: alfalfa, almonds, clover, fenugreek, lentils, radish, rye, sunflower and wheat. The still easy but with a little more attention being: buckwheat, mung and peas. You'll have to decide corn for yourself.

VIABILITY LIFE-SPAN: Every seed has a different "viability". "Viability" is the length of time a seed can last and still be able to sprout. That viability span determines the amount you may want to buy of a particular seed. Wheat is known to remain viable for up to about 20 years. That means, if you find a good deal on organic wheat-berries, you may want to buy a skid-load to use over the years. Each year in the ageing process will result in fewer that actually sprout, but if kept in a good environment, such as a root-cellar, they will keep going in a superior manner for longer. Another seed, actually a legume, is the lentil. I have gotten organic lentils and found they are only really good

for a year. Don't buy a 20-year supply of lentils because you can get a good deal.

A FEW FINAL WORDS:

The Lord Jesus Christ gave this instruction in view of this basic need:

31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? 32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. 33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. 34 Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

Matthew 6:31-34

Jesus wasn't saying we don't need to work to

provide for our households, nor for a farmer to neglect planting for the crop. We need to take the necessary steps to be ready. What he is saying is: *One* - don't worry, being filled with anxiety, so directing one's focus on worldly concerns. *Two* - set our priorities in desire and pursuit of "the kingdom of God and his righteousness".

If we set our priorities on the temporal items of the harvest, but forget the kingdom of God and his righteousness, we will end up no better than the rich man Psalm 49 speaks of. Not a good thing! Such will do well upon earth only to descend into oblivion and ultimately the Lake of Fire. Take care of the basic needs for survival and health, but only behind the forefront of seeking the kingdom of God and being in subjection to that heavenly King.

This booklet is a reference work based on my research. The directions stated in this booklet are in no way to be considered as a substitute for consultation with a duly qualified physician.

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