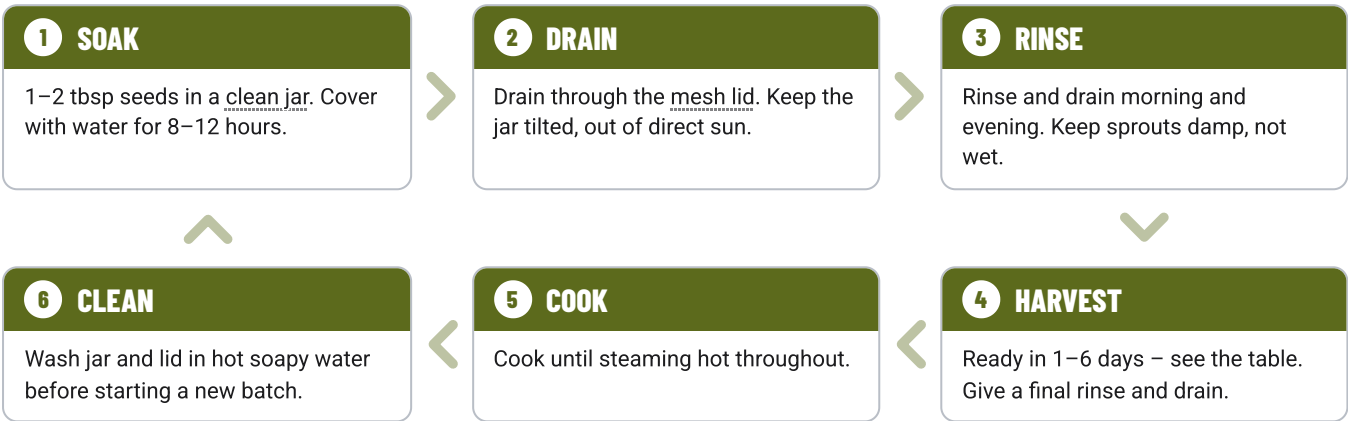


GROWING SPROUTS

Fresh greens from a jar when all you have is tins and packets. Practise now.



Sprouts must be cooked. Warm, damp jars can grow harmful bacteria (Food Standards Agency advice). Buy seeds sold for sprouting, not garden seeds, which may be treated with chemicals. Wash hands before handling seeds. Bin any batch that smells bad or looks slimy.

WHICH SEEDS?

Seed	Best for	Soak	Ready
Broccoli	Vitamins	8 hrs	3–5 days
Alfalfa	Vitamins	8 hrs	5–6 days
Radish	Vitamins	8 hrs	3–5 days
Fenugreek	Vitamins	8 hrs	3–5 days
Mung beans	Energy	8–12 hrs	3–5 days

Seed	Best for	Soak	Ready
Green lentils	Energy	8–12 hrs	2–4 days
Chickpeas	Energy	12 hrs	2–3 days
Adzuki beans	Energy	12 hrs	3–5 days
Sunflower (hulled)	Energy	6–8 hrs	1–2 days

Vitamins fresh greens and vitamin C **Energy** more calories and protein

Rough timings – follow your seed packet. Sprouts are a top-up, not a meal. Start a small batch every few weeks to keep seeds fresh and rotated. **Never sprout red kidney beans – toxic.**

