



Making Delicious Sprouts at Home

Sprouts are typically grown in glass jar with just water and seeds, and are ready to eat in a few days. Alfalfa sprouts are what we most often see at stores and restaurants, but you can sprout lots of vegetable seeds like broccoli, spicy mustard greens, beets, and even dried legumes and beans you might already have in your kitchen cabinet. They are a nice addition to salad or sandwiches. This is what you'll need at home to get started:

- Seed or legumes (or get a sample free from Sierra Harvest)
- A glass jar (a quart-size mason jar works great)
- A mesh strainer, or cheesecloth
- Water

Put seeds in a large glass jar (quart size), cover with 1" of water and soak overnight, or for 8-12 hours

- 1) Drain off water with cheese cloth, strainer, or mesh screen. Add more water to rinse the seeds thoroughly, and then drain again. Let jar sit on its side so seeds can spread out as much as possible.
- 2) Rinse and drain the seeds in the jar with fresh water, 1-2x daily.
- 3) Once the seeds begin to sprout, taste them each day to see when they are most delicious!

Lentil sprouts are usually eaten after 2-3 days, when the tail grows out and the seed starts to split open.

Broccoli and radish sprouts are usually eaten after 4-5 days, when the leaves are open and most of them are green (after they first sprout, you can put them in a window sill to encourage more green growth).

- 4) To store the sprouts for later use, let them dry 8-12 hours after the last rinse, and then store in the refrigerator. Sprouts should be dry to the touch before storing. Eat them up while they are fresh, within a few days.

How do YOU like to eat your sprouts? Share a recipe with Sierra Harvest on our Facebook page, or send it to info@sierraharvest.org by May 15th and we'll enter you in drawing to win a \$25 gift card from the BriarPatch Food Coop!