

Raw Nuts & Sunflower Seeds

almonds, pecans, walnuts, peanuts, cashews, etc. as well as hulled sunflower seeds

Quantity: 2 cups **Yield:** 2 cups
Soaking Time: 6-12 hrs **Length:** not visible

Notes: Nuts do not get a visible tail, but their enzymes are still activated and valuable nutrients created when soaked. For best flavor, soak 2 cups nuts or sunflower seeds with 1 ½ tsp sea salt for 6-12 hours or overnight. Cashews should be soaked for 4-6 hours. After soaking, drain the nuts or seeds.

Sunflower seeds can be eaten as they are on salads or as a snack – they will still have some crunch.

Slowly dry nuts in a warm oven at lowest temperature until dry and crisp, or in a dehydrator. Store in a cool dry place, or make nut butter and refrigerate.

Flax Seeds and Chia Seeds

Sprouting on a Paper Towel Medium

Quantity: 1 Tbs. **Yield:** 1-1 ½ cups
Time: 2-5 days **Length:** up to 1 inch

Flax and chia seeds are a little more difficult to sprout than other seeds because when they become moist, their hulls absorb the water and form a “gel sack” around each seed. These slippery seeds will not sprout in traditional, water-only methods like other seeds. They must be sprouted on a medium, such as a paper towel, or vermiculite.

DO NOT SOAK FLAX OR CHIA SEEDS.

Sprinkle on a well-moistened medium, such as a paper towel, in indirect sunlight. They will begin to sprout in 24 hours. As the sprouts grow, keep them moist and the medium moist with a spray bottle of water. Check them daily and make sure they do not dry out.

Tray-Style Sprouting Kits

An alternative to growing sprouts in a jar at home is to use a tray-style sprouting kit with soil. Seeds will grow longer, more robust tails with soil. Additionally, some seeds do better growing on soil or another medium (see flax and chia seeds). You can purchase sprouting kits with instructions, soil, and seeds online. Peter Burke with The Daily Gardener (www.thedailygardener.com) sells sprouting kits and teaches Indoor Gardening classes at City Market.

About City Market, Onion River Co-op

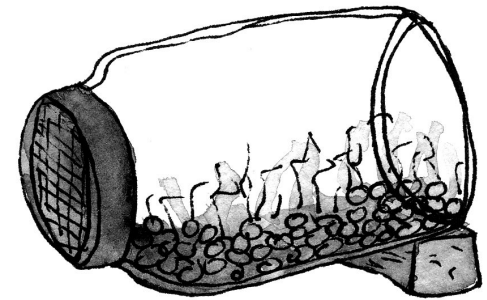
City Market, Onion River Co-op is a consumer cooperative, with over 11,700 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, organic and conventional foods, and thousands of Vermont-made products.

Visit City Market, Onion River Co-op online at www.CityMarket.coop or call 802-861-9700.



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Sprouting



Sprouts can be grown in your kitchen in just a few days. You can soak and sprout a wide variety of foods, including seeds, nuts, grains, rice, lentils, and dried beans!

Some types of sprouts, like alfalfa sprouts, are commonly eaten raw on sandwiches and salads. Bean and grain sprouts are often cooked. Nuts are soaked and then can be dried in a low-heat oven for a tasty snack.

What You Need To Grow Sprouts in a Jar

- Wide mouth quart or ½-gallon mason jar
- Sprouting screens and jar lids OR cheesecloth and rubber band
- Seeds, nuts, grains, rice, lentils, or dried beans of your choice

The simplest way to grow sprouts at home is to use a sprouting screen that fastens to a wide-mouth mason jar with lid. If you don't have a sprouting screen, you can use a rubber band to secure cheesecloth over the jar opening.

How to Grow Sprouts in a Jar

1. For small seeds, such as alfalfa seeds, place 2-4 Tbsp of seeds into a quart mason jar. To sprout larger beans and grains, place about 2 cups in a half-gallon jar.
2. Add plenty of water to cover (about 3 times the quantity of seeds) and soak overnight, or 6-12 hours.
3. Drain the water used for soaking the seeds through the sprouting screen or cheesecloth.
4. Fill the jar with fresh water, rinse the sprouts by gently swirling the jar, and drain the water.
5. When you are done rinsing the sprouts, prop the jar upside-down and at an angle, so that all the water will drain from the jar. Have a mixing bowl or saucer ready to catch the water. Place the jar in indirect sunlight.
6. Rinse and drain the sprouts at least 2 times per day (more frequently in hot weather) for 1-7 days until sprouts are mature, or to your liking.
7. Once the sprouts are ready, refrigerate them or cook them. Wash and rinse to separate any unsprouted seeds and seed coats from the sprouted seeds. Sprouts should be well-drained and placed in a loosely closed container (plastic or glass) in the fridge. Eat or cook within several days.

Sprout Varieties

Try sprouting a variety of different seeds. If you're new to sprouting, try sprouting alfalfa seeds first, which are the most common sprout that people eat on salads and sandwiches. They grow a tender green tail and have a mild flavor.

SOAK SEEDS, NUTS, GRAINS, RICE, LENTILS, AND DRIED BEANS 6-12 HOURS OR OVERNIGHT.
Follow guidelines below for quantities and time to maturity.

Traditional "Salad" Seeds

alfalfa, broccoli, red clover, radish seeds, etc.

Quantity: 2 Tbsp Yield: 2-4 cups
Time: 2-5 days Length: 1 inch

Notes: Wash off hulls and remove hard seeds that have not sprouted on final rinse. You can also grow a mixture of sprouts at one time for a variety of sprout textures and flavors.

Other Seeds

unhulled black and white sesame seeds, poppy seeds, raw pumpkin seeds, etc.

Quantity: 1 cup Yield: 1 ½ cups
Time: 1-2 days Length: ¼-inch

Notes: Sesame, poppy, and pumpkin seeds do not grow a long tail like the salad seeds above, but they are still good on salads, in breads, or crackers. They can be eaten raw, stirred into bread/cracker dough, or slowly dried at a low temperature.

Grains

wheat, rye, spelt, hulled buckwheat, barley, millet, amaranth, quinoa, oat groats, corn, etc.

Quantity: 2 cups Yield: 3-5 cups
Time: 1-2 days small grains, 5-7 days large grains
Length: ¼-inch

Notes: Sprouted grains are best eaten cooked. Small grains like millet and quinoa sprout in a short amount of time; larger grains like wheat and barley take longer to sprout. The longer they are left to grow, the less sweet they become – but the faster they cook. Oat groats and hulled buckwheat should only be soaked for 30 minutes for best germination.

Rice

brown rice, red rice, wild rice, etc.

Quantity: 2 cups Yield: 3 cups
Time: 2-4 days Length: not visible

Notes: Sprouted rice is best eaten cooked: For 2 cups sprouted brown rice, use about 3 cups water and 1 tsp salt. Bring to a boil, reduce heat, cover, and simmer for 45 minutes without stirring. Let sit for ten minutes before serving. Texture is slightly stickier than unsprouted rice.

Lentils, Split Peas

Quantity: 2 cups Yield: 4 cups
Time: 2-3 days Length: ¼-inch

Notes: Sprouted lentils and split peas are best eaten cooked. The longer they are left to sprout, the less sweet they become.

Beans

chickpeas, adzuki beans, kidney, black beans, etc.

Quantity: 2 cups Yield: 4-6 cups
Time: 3-4 days Length: ¼-inch, up to 1 inch for mung beans

Notes: Beans are best eaten cooked, with the exception of mung beans. Cook sprouted beans in 3 times the amount of water; cooking time will be reduced. Only salt beans after cooking.