



Sprouting Seeds

BACKGROUND

From CORAC Newsletter (07/25/22) | Sprouts and microgreens are a way for people who don't have the space or time to have a garden anyway. Sprouts require barely any space—you don't even need a sunny window! Aside from the fact that sprouts are an easy, cheap, and tasty vegetable anyone can grow, sprouting also has some real nutritional benefits. Sprouting legumes, grains, and seeds makes them much easier to digest and sprouts are high in fiber, and vitamins C and B.

Sprouting 101:

<https://wholefully.com/sprouting-101/>

Sprouting basics:

<https://sproutpeople.org/growing-sprouts/sprouting-basics/>

I have a "sprouter," a clever design that makes sprouting super easy, but it's easy regardless. Remember Creed sprouted mung beans on a paper towel in his desk drawer (Office fans know what I'm talking about).

4 Tray Seed Sprouter:

<https://www.ufseeds.com/product/4-tray-seed-sprouter-sprouts/4-tray-seed-sprouter.htm>

Be sure to buy seeds designated as sprouting seeds; they are higher-quality than the seeds you buy to plant in the ground. Mick from Region 6 recommends this site for **organic**

sprouting seeds:

<https://www.ufseeds.com/search?q=sprouting+seeds&searchbutton=&lang=null>

Other useful links regarding the enzyme content of dehydrated foods if you are considering dehydrating your sprouts:

Enzymes:

<https://www.realmilk.com/enzymes/>

Food Enzyme Facts:

<https://caloriebee.com/diets/Food-Enzyme-Facts>