

amount you would need otherwise. significantly after their yield; start with same. Sprouting grains, beans and nuts does not in this kit, and other salad-type sprout seeds. \* Use 1 Tbsp when sprouting the seeds provided

two little green leaves. Enjoy!

6. Rinse and drain 1-2x a day for 5 days, or until your sprouts are about 2" long and have to angled position in bowl.

5. Once or twice daily, rinse seeds and return maintaining some airflow.

4. Place jar upside down, at an angle in a bowl (see figure 1) allowing water to drain while

3. Drain soaking water and rinse seeds again.

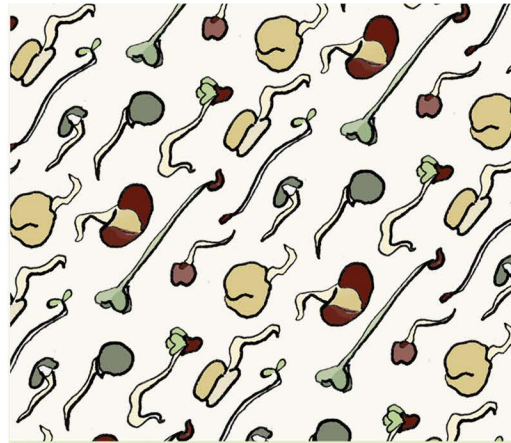
2. Fill jar with enough water to cover seeds by 1" and let soak at room temp for 6-12 hours.

1. Place a seeds in mason jar. Fit screen lid into metal band and screw onto jar. To rinse, fill jar with water, swirl and invert to drain through screen lid.

**Directions:**

**Ingredients:** 1 Tbsp\* sprouting seeds  
2 cups water

**Yield:**



# SPROUTS

*how to grow*

- revival homestead supply -



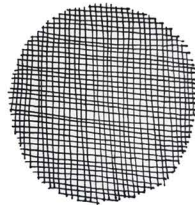
## IN THIS KIT



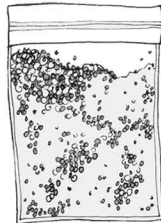
figure 1



1 quart mason jar



stainless steel sprouting lid



2.5 oz sprouting seeds  
a zesty salad mix with  
clover, radish & fenugreek

### Why sprout?

When most people hear "sprouts" they think of those delicious, herbaceous sandwich and salad-toppers. These are seeds like alfalfa, radish, broccoli & clover. When sprouted, they become, not only delightfully crunchy green stuff, but also more nutritious than their former selves. Now, no one is going around eating un-sprouted alfalfa seeds—but this transformation occurs in every seed, and most of us eat un-sprouted seeds every day (think grains, beans and nuts)!

Resting seeds store starch for their future energy needs, and contain enzyme inhibitors to prevent seeds from becoming activated before the conditions are right for them to grow. Germination transforms the makeup of a seed completely, from a storage vessel to an active vehicle for the growth of a new plant.

"The process of germination not only produces vitamin C, but also changes the composition of grain and seeds in numerous beneficial ways. Sprouting increases vitamin B content, especially B2, B5 and B6. Carotene increases dramatically—sometimes eightfold. Even more important, sprouting neutralizes phytic acid, a substance present in the bran of all grains that inhibits absorption of calcium, magnesium, iron, copper and zinc; sprouting also neutralizes enzyme inhibitors present in all seeds. These inhibitors can neutralize our own precious enzymes in the digestive tract. Complex sugars responsible for intestinal gas are broken down during sprouting, and a portion of the starch in grain is transformed into sugar. Sprouting inactivates aflatoxins, potent carcinogens found in grains. Finally, numerous enzymes that help digestion are produced during the germination process."

— Sally Fallon, *Nourishing Traditions*

### What to sprout

In addition to the seeds provided in this kit, you can sprout and of the seeds, beans, grains and butts listed below, provided they are whole and untreated. We recommend using sanitary seeds intended for eating, not seeds packaged for gardening. Seeds must be raw, un-roasted and non-irradiated to sprout.

#### SEEDS

Alfalfa  
Broccoli  
Cabbage  
Celery  
Chia  
Clover  
Fenugreek  
Kale  
Mustard  
Onion  
Pumpkin  
Radish  
Sesame  
Sunflower

#### BEANS RAW

Adzuki  
Garbanzo  
Lentil  
Mung  
Pea

#### COOK

Black Bean  
Kidney  
Lima  
Pinto  
Soybean

#### GRAINS

Barley  
Buckwheat  
Corn  
Kamut  
Millet  
Oats  
Quinoa  
Pice  
Rye  
Spelt  
Wheat

#### NUTS

Almonds  
Peanuts

Beans in the "raw" category can be eaten raw or cooked. Beans in the "cook" category should not be eaten raw.

### SPROUTING BEANS & NUTS

The process for sprouting beans and nuts is the same as for seeds, with the exception of timing. Below is a list of recommended soak, sprout, and cook times, and yield quantities of sprouts per half cup of un-sprouted seeds.

	Soak Time	Sprout Time	Yield per ½ c.
<b>Adzuki</b>	8 hours	3-5 days	2.5 cups
<b>Lentil</b>	8 hours	2-3 days	2.5 cups
<b>Mung</b>	24 hours	3-4 days	2.5 cups
<b>Peas Sprouts</b>	8 hours	2-3 days	2.5 cups
<b>Pea Shoots</b>	8 hours	10 days	4 cups
<b>Garbanzo</b>	12 hours	2-4 days	2 cups
<b>Kidney, Lima Pinto, Soy &amp; Black Beans</b>	12 hours	3-4 days; & cook 30 -60 min. until soft	2 cups
<b>Almonds</b>	12 hours	1 - 3 days	¾ cup
<b>Peanuts</b>	12 hours	4-5 days	1 cup



Show us your sprouts!

On Instagram @revivalhomesteadsupply  
#sproutrevival

### SPROUTING GRAINS

When choosing grain for sprouting, make sure you are using whole grains; meaning the germ and bran are intact. They should not be hulled, husked, pearled, rolled, flaked, roasted, irradiated or otherwise altered. Sprouted grains can be eaten raw, cooked, ground into flour, added to bread dough, or dried for cooking later.

	Soak Time	Sprout Time	Yield per ½ c.
<b>Barley</b>	12 hours	2-3 days	2.5 cups
<b>Buckwheat</b>	8 hours	10-12 days	5 cups
<b>Corn</b>	8 hours	10-12 days	3 cups
<b>Millet</b>	6 hours	1-2 days	2.5 cups
<b>Quinoa</b>	6 hours	2-3 days	4 cups
<b>Oats</b>	6 hours	2-3 days	2.5 cups
<b>Brown Rice</b>	12 hours	2-3 days	2.5 cups
<b>Wheat Berries</b>	8 hours	2-3 days	2.5 cups

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