

Growing Sprouts is Easy by Jim Carey

<http://rawlivingfoods.typepad.com/1/2007/12/growing-sprouts.html>

As a bachelor, I'm into quick-and-easy food prep. Some accuse me of being raw because I don't have to cook. That's not true - microwave dinners are even easier than raw. But as regular readers know, I don't have a microwave any more.

I admit that it's rare that I create a Gourmet Raw Vegan recipe. Instead, I rely on regular visits to raw friends, and institutes like Creative Health for the yummy stuff.

I do, however, grow my own sprouts. Sprouts are about 1/4 of my diet, and I've found that I can grow my own for a fraction of the cost of store-bought with just a few minutes a day of attention. Full instructions can be found in Lesson 4 at chiDiet.com/lessons.htm, but here's a summary:

Soak seeds 5-10 hours in any wide-mouthed jar. Soaking time depends on seed size. Rubberband a piece of cheesecloth or window screen over the jar to facilitate draining.

Rinse with filtered water every morning and evening, and drain.

Leave in a dish drainer, tilted downward at 45 degrees, in a sunny part of the kitchen.

I start harvesting fast-growing sprouts in 2-3 days. Slower sprouts like sunflower take about a week. You'll know when they're ready just by looking at them.

I use small quantities of seed in quart jars. Quick and easy. I usually have 6-10 jars of sprouts growing in the drainer, in different stages of development. One of the coolest parts is harvesting half a jar of sprouts, then finding the jar full again tomorrow!

Like I said, it's quick, easy and cheap. Non-organic sprouts cost \$4-6 for a small tray at the supermarket. My fresh organic sprouts cost about a dime for the same quantity. I buy most of my organic seeds from wheatgrasskits.com and BulkNuts4You.com.