



Grow Sprouts and Wheatgrass at Home

After today's class you will know how to grow staple sprouts at home:

- 1. Brief History of Sprouting and Wheatgrass**
- 2. Benefits of Wheatgrass and Sprouting**
- 3. Growing Methods and Staples, Water and Nutrients**
- 4. Supplies to start your own Sprout Garden**
- 5. Classes and Events**
- 6. Links to Online and Local Resources**

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History of Sprouting and Wheatgrass

Chinese - It has been written that the Ancient Chinese physicians recognized and prescribed sprouts for curing many disorders over 5,000 years ago. Sprouts have continued to be a main staple in the diets of Americans of Oriental descent. Accounts of sprouting also appear in the Bible in the Book of Daniel.

Edmund Bordeaux Szekely - During the early 1900's a man named Edmund Bordeaux Szekely discovered an ancient biblical manuscript which he subsequently translated. It was a remarkable discovery and Szekely was so enthralled with the translation that he formed a society he called the Biogenic Society to promulgate the teaching of this new (old) way of eating. He began publishing the manuscripts in the form of little books, which he sold very inexpensively because he felt that the world needed the message. He called the books The Essene Gospel of Peace. The Essenes were a very righteous people who lived near the Dead Sea during the time of Jesus Christ. Christ actually taught them the laws of health during that time. The main teaching of Essene Book I is: Don't kill your food by cooking it. The main teaching of Essene Book IV is : all grasses are good for man and wheatgrass is the perfect food for man. These little books can be purchased at any health food store.

Living Biogenic Nutrition was designed By Professor Edmond Bordeaux Szekely. He classified foods into four categories according to their quality and functions, generating life and health:

- **Biogenic:** cell-renewal, life regenerating - germinated cereal seeds, nuts; sprouted baby greens. Filled with HOPE, hormones, oxygen, phytochemicals and enzymes.
- **Bioactive:** life sustaining - organic, natural vegetables, fruit.
- **Biostatic:** life processes slow down, aging processes accelerate (cooked, stale food)
- **Biocidic:** life destroying - processed, irradiated foods and drinks

Ann Wigmore - Sometime during the 1940's a lady by the name of Ann Wigmore healed herself of cancer from the weeds she found in vacant lots in Boston. (See "Why Suffer" by Ann Wigmore) She began a study of natural healing modalities—and with the help of a friend, Dr. Earp Thomas, she found that there are 4700 varieties of grass in the world and all are good for man. With the help of her pets, she arrived at the conclusion that wheatgrass was the best—or the medicinal grass. She started an institute in Boston (Ann Wigmore Institute) and since then has taught people from all over the world about the grasses and the living food healing program—and helped them get well from some very serious diseases. She has written over 35 books telling about wheatgrass and living foods. Ann Wigmore originally named her institute after Hippocrates—based on his teaching that the body can act as its own physician when provided with the proper tools (living organic nourishment), used in the way nature intended—unprocessed, uncooked.

Benefits of Wheatgrass and Sprouts/Living Foods

Wheatgrass

- 1 fl. oz. of wheatgrass juice is equivalent to 2½ pounds of the choicest vegetables and is 1 gram of absorbable protein.
- wheatgrass is mineral rich and contains 92 minerals needed by the body
- it is a complete protein containing 20+ amino acids and has higher protein densities than any other food source
- the magic is in the enzymes with more than 30 found in the juice
- the juice is 70% chlorophyll and since the chlorophyll molecule is virtually identical to hemoglobin (red blood cells that carry oxygen), wheatgrass juice oxygenates your body. It has the highest chlorophyll of all land based plants.

Sprouts/Living Foods

1. Experts estimate that there can be up to **100 times more enzymes in sprouts/living foods than uncooked fruits and vegetables**. Enzymes are special types of proteins that act as catalysts for all your body's functions. Extracting more vitamins, minerals, amino acids, and essential fatty acids from the foods you eat ensures that your body has the nutritional building blocks of life to ensure every process works more effectively.
2. **The fiber content of the beans, nuts, seeds, or grains increases substantially**. Fiber is critical to weight loss. It not only binds to fats and toxins in our body to escort them out, it ensures that any fat our body breaks down is moved quickly out of the body before it can resorb through the walls of the intestines (which is the main place for nutrient absorption into the blood). Sprouted beans are highest in roughage. (3 bean mix)
3. **Vitamin content increases dramatically**. This is especially true of vitamins A, B-complex, C, and E. The vitamin content of some seeds, grains, beans, or nuts increases by up to 20 times the original value within only a few days of sprouting. Research shows that during the sprouting process mung beansprouts (or Chinese beansprouts, as they are often called) increase in **vitamin B1 by up to 285 percent, vitamin B2 by up to 515 percent, and niacin by up to 256 percent**.
4. **Essential fatty acid content increases during the sprouting process**. Most of us are deficient in these fat-burning essential fats because they are not common in our diet. Eating more sprouts is an excellent way to get more of these important nutrients and H.O.P.E.; Hormones, Oxygen, Phytochemicals and Enzymes.
5. During sprouting, **minerals bind to protein in the seed, grain, nut, or bean, making them more useable in the body**. This is true of alkaline minerals like calcium, magnesium, and others than help us to balance our **body chemistry for weight loss and better health**.



Growing Methods and Staples

What to sprout?

SOAK and EAT

Flax	Jar	Flax water, crackers
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Directions: Combine 1 part whole or ground flax seeds and 5-6 parts water in a jar quart with a lid. Cover with water, shake and set in refrigerator 3-4 hours. Shake again and use water. Continue to refill with water when the jar is empty. Use the seeds 3-4 days.

Benefits: Fiber, omega-3 fatty acids and cancer preventative lignans.

Chia	Jar	Pudding, smoothies
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Directions: Combine 1 part chia and 4 parts water, flax water or seed/nut milk. Soak seeds 10-15 minutes. Stir and add liquid to desired consistency. Add cinnamon, stevia, ground nuts...to taste.

Benefits: Combat diabetes, fiber, stronger teeth and bones, omega-3 fatty acids, manganese, phosphorous, protein.

Hulled Sunflower Sesame Seeds, Nuts	Jar, Food dehydrator	Salad, dried, dressings, cheeses, milk, pate
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Soak in jar for 10-12 hours. Eat raw or dehydrate.

SOAK AND SPROUT

SEEDS	Alfalfa, Clover, Radish	Jar, Easy Sprouter cup, Auto Sprouter	Salads
BEANS	3 Bean Mix	Jar	Salads
	Mung	Jar, Dark and under pressure	Salads, green drinks
GRAINS	Kamut	Jar	Salads, pate, tabouli dehydrated bread
	Quinoa	Jar	Salads, pate, bread
	Buckwheat groats	Jar, Dehydrate	Salads, cereal, bread

GROWING IN SOIL with a 11" X 14" Cafeteria Tray

Wheatgrass, Sunflower, Pea and Buckwheat: Soak 1 cup of seeds per tray (wheatgrass use 1 ¼ cup) overnight or for 10-12 hours then pour off water, rinse and set the jar so it can drain. Rinse morning and night until 36 hours from when they started soaking. Fill a cafeteria tray to just below the rim. Gently pour 1 cup of filtered water around the soil and pour the seeds on top of the soil. Position the seeds to cover the soil as evenly as possible. Try not to cover seeds with each other if possible. Mist and cover with another tray. Mist every morning and keep covered. In about 4 days uncover and move into the light. Do not set in direct sunlight.

For Wheatgrass Only: Water with 1-1 1/2 cup of water in the morning. Do not mist. Harvest when the second blade is seen off of the original stem. Cut the entire tray at once and preserve in the refrigerator for 7 days. The wheatgrass is ready to juice!

For Sunflower, Peas, Buckwheat only: Water with 1-1 1/2 cup of water in the morning. Mist once or twice a day. Begin harvesting in 5-6 days.

GROWING IN SOIL with an 17" X 17" Garden Tray

Follow the instruction for the cafeteria but use 2-3 quarts of soil per tray.

Seeds: Wheatgrass, peas, buckwheat: 3 cups, sunflowers 2 ½ cups. More water will also be required.

Seed, Water and Nutrients

Seeds	Always use Organic, know your source
Water	Filtered, reverse osmosis in stores, distilled
Nutrients	Ocean Solutions - see resource list

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What to get to start your own sprout garden

Seeds, Nuts, Grains and Beans

Alfalfa, clover, radish, 3 bean mix, flax, unhulled sunflower, peas, wheat grass and more!

Easy Sprouter Cups

Sprouting Bags

Sprout Soaking Permacharts

Omega 8006 Juicer

Lexan portable juicer

Easy-Green Automatic Sprouter

Excaliber Dehydrator

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