

SPROUTS

THE FAST FOOD YOU SHOULD BE EATING!

The benefits of sprouts

Sprouts offer various health benefits, including improved digestion and blood sugar levels and a lower risk of heart disease. They are low in calories and contain lots of fibre.

How to grow sprouts

Rinse your seeds with cool water and allow them to drain. Place the seeds in a bowl or a jar, fill with water and soak the seeds in a cool place at room temperature for up to eight hours.

Once the seeds are soaked, the germination process begins. Rinse and drain the seeds two to three times a day until they have sprouted, storing them in a cool cupboard or room.

Germination: two to five days
Maturity: five to ten days
Ideal conditions: All-year variety, full sun

Harvesting sprouts

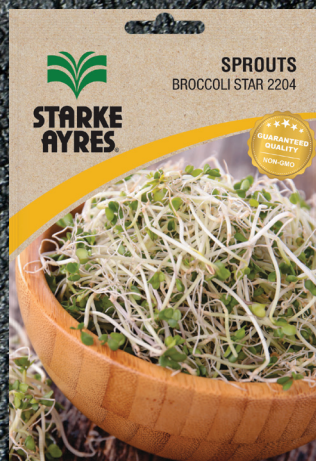
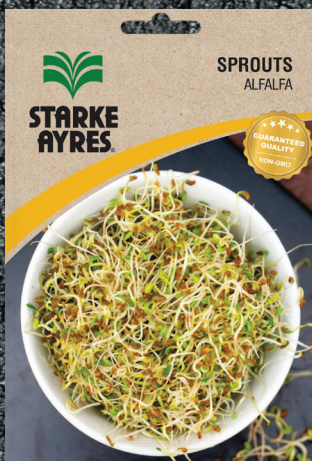
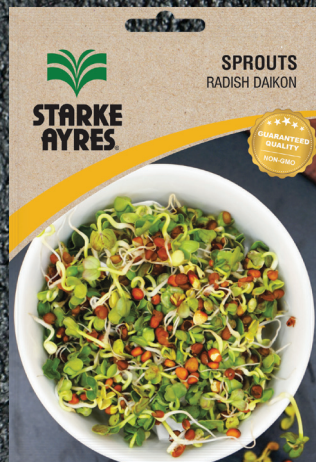
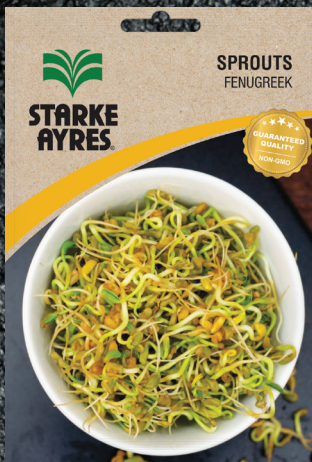
Start harvesting sprouts when they reach anywhere between two to five cm, usually after four days.

How to eat sprouts

Sprouts can be eaten in various ways and are easily incorporated into a range of dishes. For instance, you can eat them raw in a sandwich or tossed into a salad.

Sprouts are also easy to add to warm meals such as rice dishes, stir-fries, omelettes, soups or freshly made burger patties.

Other exciting uses for sprouts include blending them into smoothies and pancake batters or grinding them into a paste to spread on bread, crackers, or vegetables.



#GrowingSprouts

#EasySprouting