



Absolutely Nuts

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The Easy-Sprout Sprouter

1 litre sprouting capacity

The quart-size, dual-container system is ideal for sprouting seeds. Its convection action provides continuous ventilation, humidification and warmth.

Benefits include larger batches, less time to harvest (8-48 hours!), minimal sprout disturbance, longer storage life, and the ability to grow many sprouts with NO RINSING!

The units include a sixth part - a Snap-On Vented Lid that is ideal for "travel sprouting" and for extended refrigerated storage of fresh sprouts. In addition, the Inner Container has been designed with sturdy, vented Lid.

SIX PARTS (Three in Sprout Keeper model) made from six ounces (or 4.6 oz.) of durable food grade plastic (high density polyethylene) simplify all aspects of sprouting from pre-washing seeds (if needed) to storing sprouts. (An added plus - non-sprouting uses such as washing grapes & berries or "crisping" limp celery, carrots, etc.!)

GETTING STARTED

Use untreated, whole dry seeds, beans, grains or nuts. Viability is the main criteria. A good variety can be found at health and natural food stores, food co-ops, grocery stores and from direct mail sources. Remember - viable seeds will be sprouted in 8-48 hours in EASY-SPROUT™.

Use ½ to 2 cups of grains, hulled sunflower, whole sesame & nuts. Use ½ to 1 ½ cups of hulled buckwheat & beans. Use 4 T. to ½ cup of salad types including alfalfa, broccoli, cabbage, clover, radish. Don't use chia, cress & flax.

- Soaking/Rinsing -

Warm soak water (bathing temperature) is best, especially for beans & alfalfa. For soaking time, 8-12 hours is fine for most types. Hulled sunflower, buckwheat & whole sesame need only an hour. Use room temperature rinse water.

- Special handling needs - Alfalfa & Salad Types -

Most seeds need 1-12 hours of soaking & no rinsing. Salad types like alfalfa, broccoli, clover, radish, etc., are usually grown to leaf stage. Water keeps sprouts from growing into a tight, compacted mass, simplifies dehulling & rearranges sprouts for uniform greening. (At each rinse, fill sprouter with room temperature water, loosen sprouts with a fork, stir, skim hulls, drain well & loosen.) See Sprouting Notes.

Sample sprouts as they grow. When sprouts are the way you like them, eat or refrigerate. Remember - readiness is relative to variety, temperature, usage and preference.

STORAGE TIPS

- No Rinse sprouts store better/longer than rinsed sprouts. (Wetness blocks oxygen.) Best storage is in the sprouter, with Vented lid.
- Freezing (No Rinse sprouts) puts sprouts on hold at peak vitality & facilitates grinding (without liquid) for convenient uses & better assimilation.

KEY ELEMENTS OF NO RINSE SPROUTING

- A larger seed mass (to increase warmth)
- Warm soak water (90-120° F., initial temperature.)
- A well-drained, non-compacted seed mass. (See Small Seeds - use of centrifugal force.)

EASY-SPROUT™ is always used with the Inner Container nesting in the Outer Container when soaking, sprouting, storing and serving.

An Alfalfa Insert snaps inside the Inner Container. It reduces drainage slits for tiny seeds. (Use only when necessary.)

The INNER CONTAINER rests above or level with the OUTER CONTAINER. Both positions maintain air flow and retain moisture when used with the combination measuring cup / DOME or VENTED LID. The Solid LID provides a tighter seal of the sprouter contents (for use when airflow isn't necessary or wanted.) With proper soaking, draining and warmth most viable seeds sprout rapidly. The process generates heat that results in the flow of fresh, humidified air that protects the sprouts from suffocation & dehydration. And traditional problems (fermentation, mold formation or rotting of "dead" seeds) can be minimized or eliminated.

A 1 1/2 cup capacity Dome rests above the Inner Container. It permits air circulation yet retains moisture. With graduated markings, it doubles as a measuring cup for use with fresh sprouts or most dry seeds.

To Soak/Rinse - Cover seeds/sprouts with warm/tepid water. Lift out Inner Container to drain, empty the Outer Container & replace Inner Container. Sprouts do best if they are well-drained after soaking or rinsing.

Important Note: Small seeds can be water-logged for hours after soaking. Use centrifugal force to remove water from seed mass. Rock sprouter back & forth. Or put it in a nylon stocking or a red mesh tube bag used to package 4 lbs. of oranges & twirl. Then loosen compacted seeds by slapping sprouter.

EASY-SPROUT CARE - Clean with dish brush. To remove stains, fill with water and add a Tablespoon of bleach. The same bleach water can be used repeatedly. (If placed in a Dishwasher, Top Rack Only.)

EASY-SPROUTING™ CHART

| Seed Types | (Cups) Seed | (Y/N)‡ Rinse? | (Hours) Soak | (Hours) Sprout | (Y/N) Freeze? |
|---------------------------------------|----------------|------------------|-----------------|-------------------|------------------|
| <u>BEANS**</u> | ½ - 1½ | Y/N | 8-12 | 16-36 | Y/N |
| Garbanzo (see notes) | ½ - 1½ | N | 8-12 | 16-36 | Y |
| Lentil | ½ - 1½ | Y/N | 6-8 | 16-36 | N |
| Mung Bean | ½ - 1½ | Y/N | 8-12 | 16-36 | N |
| Peas | ½ - 1½ | Y/N | 8-12 | 24-36 | Y |
| <u>GRAINS</u> | ½ - 2 | Y/N | 2-12 | 4-36 | Y |
| Barley, Millet, Oat - hulled | ½ - 2 | N | 2-4 | 4-18 | Y |
| Kamut, Spelt, Wheat | ½ - 2 | Y/N | 8-12 | 12-36 | Y |
| Quinoa | ½ - 2 | Y/N | 2-4 | 12-24 | Y |
| Short Grain Rice | 1 - 2 | N | 8 | 24 | Y |
| Rye, <u>hulless</u> Barley & Oat | ½ - 2 | N | 4-8 | 16-36 | Y |
| <u>MISCELLANEOUS</u> | | | | | |
| Buckwheat - hulled | ½ - 1½ | N | ½-1 | 8-24 | Y |
| Sesame - unhulled | ½ - 2 | N | 1-2 | 8-18 | Y |
| Sunflower - hulled | ½ - 2 | N | 1-2 | 0-18 | Y |
| <u>NUTS</u> | | | | | |
| Almond, Brazil, Filbert | ½ - 2 | N | 8-12 | 0-18 | Y |
| Peanut (legume, actually) | ½ - 2 | N | 8-12 | 0-24 | Y |
| Pecan, Walnut | ½ - 2 | N | 2-4 | 0-8 | Y |
| <u>Salad Types</u> (See Notes) | ¼ - ½ | Y | 6-8 | 36-96 | N |
| Alfalfa, Broccoli, etc.* | ¼ - ½ | Y | 6-8 | 36-96 | N |

*+Cabbage, Clover, Fenugreek, Black Mustard, Radish, etc.

**Beans like Black Eye, Pinto, Soy, etc.

‡Any seeds can be rinsed (& must be with older methods) Non-salad types grow, taste & store better (fresh or frozen) with a No Rinse technique.

SEED & SPROUT TIPS

- Most seeds, beans, grains & nuts are useable even if not specifically for sprouting. They must be **untreated**. Don't use garden seeds.
- Seeds are natural. Quality varies. Test. If OK, buy extra. Keep seeds cool & dry. Store nuts & hulled sunflower in refrigerator/freezer.
- Don't expect (or wait for) roots on **hulled** barley, millet, oats or nuts. Use short sprout cycle & refrigerate. Use in 48 hours or freeze.
- For Combinations, use seeds with similar soak/sprout times, storage life, uses.
- There are 10 to 100 times more **enzymes** in germinated grains & beans than in raw fruits and vegetables.
- According to Dr. Edward Howell, enzymes are at a peak when the root is merely 1/4 inch.

Important Note

Small seeds can be waterlogged for hours after soaking, limiting oxygen for rapid growth. To solve this problem place sprouter, with the lid on tight inside of a nylon stocking or mesh bag. Then swing sprouter in a circular motion, centrifugal force will drain the seed mass of the water, empty the water into a drain and loosen the seed mass by slapping around the sides of the sprouter. When the water is well drained your seeds will sprout much faster.