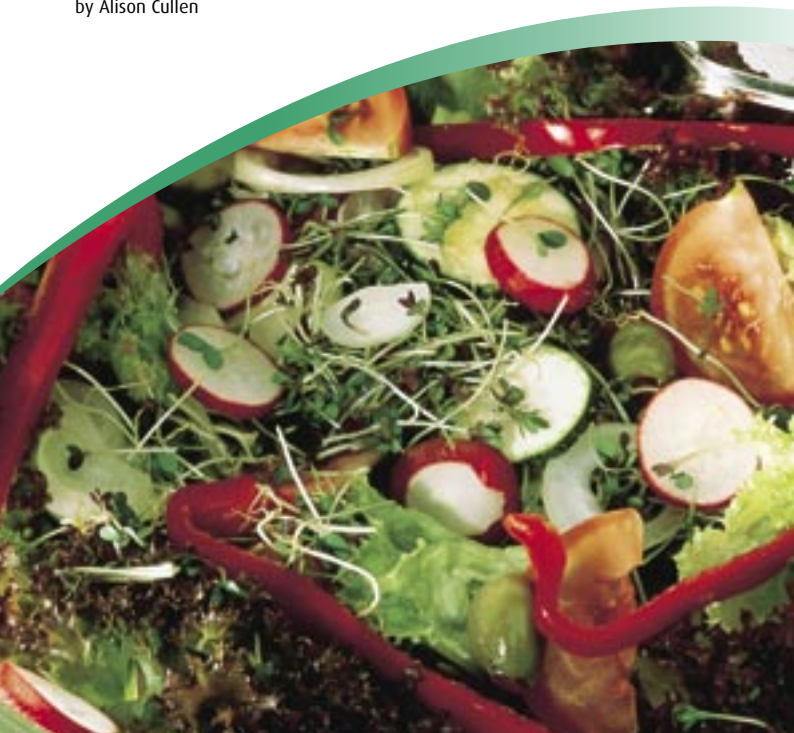


BioSnacky®

Fantastic nutrition with sprouted seeds

by Alison Cullen





Sprouted seeds: An excellent source of nutrients!

Question: Do you eat enough healthy foods?

To keep your body fit and active you need to eat foods that contain sufficient quantities of nutrients such as vitamins and minerals.

Answer: Probably not...

Fresh fruit and vegetables are an excellent source of such nutrients. However we all know how difficult it can be to eat enough of these on a daily basis.

Sprouts to the rescue!



Sprouts: An easy way to a healthier diet

Grow your own sprouts for a supply of fresh, nutritious food.

How good are sprouts?

- Weight for weight, sprouted seeds contain more nutrients than any other natural food known to man – enough to rival even the best supplement pills available.
- Due to the fact that they are basically baby plants, they contain high concentrations of valuable enzymes, proteins, minerals, trace elements and natural vitamins.
- During germination, there is a sharp increase in the vitamin content of sprouts.
- Sprouts also contain excellent fibre that is beneficial to the intestines and regulates the digestive process.
- Since they grow right up until the moment they're picked, practically no nutrients are lost.

Including sprouts in your daily diet will increase your intake of fabulous nutrients.

- For those of us who don't manage the recommended portions of fresh fruit and veg every day, sprouts provide an easy way of boosting nutrient intake.
- For those of us who do manage to eat lots of fruit and veg, sprouts provide extra quantities of health-promoting nutrients.

What are sprouts?

- Sprouts are very young plants, one stage up from a seed.
- A seed is a storehouse of energy containing all the nutrients needed for a plant to grow.
- When a seed starts to sprout the nutrients contained in it become available in a living form – this is a great form to get them in!



What can you sprout?

Almost any seed, grain, bean etc. Most of us have eaten beansprouts (sprouted mung beans) in a Chinese meal.

Some things are easier to sprout than others eg. alfalfa, lentils, mung beans and radish. Don't try sprouting kidney beans as they are toxic when raw.



Grow your own

Sprouts are available when they are at their nutritional best, for that just-picked freshness.

How do I grow sprouts?

It's very easy.

What You'll Need

1. BioSnacky seeds – the best results come from using BioSnacky seeds which are GM free, non-irradiated and organic – these have the best chance of germinating.



2. BioSnacky Germinator Jar or Large Germinator (3-tier Germinator)

3. Fresh cold water



It couldn't be simpler

Just soak, rinse and watch them grow!

Grow your own

Sprouts keep growing right up till the moment they are picked so you can't get fresher!

Here's how to do it

Let's use alfalfa as an example:

- Rinse 1.5 tablespoons of alfalfa seeds.
- Soak the seeds overnight in cold water.
- Drain and place in the germinator, ensuring the seeds are spread out and not too cramped.
- Place the germinator in a well-lit spot avoiding direct sunlight.
- Twice daily pour 250ml water over the seeds in the germinator.
- **Germinator Jar:** tip the jar to allow the water to drain away.
- **Large Germinator:** the water will trickle down through the trays and collect at the bottom. You can then empty the water away.
- Your alfalfa sprouts will be ready to eat after 6-8 days. You may prefer to eat them earlier or later depending on your personal taste.
- Store in an airtight container in the fridge where they will stay fresh for up to five days.



1. Watering



2. Growing



3. Harvest



Grow your own

Two handfuls of sprouts count as one of your daily portions of vegetables.

What to look for

- After a couple of days you will start to see little shoots forming: this is the start of germination.
- You may see little white fibres on the sprouts. This is perfectly normal but can often be mistaken for mould at a glance. Mould will have a musty smell and looks like grey fur.
- If you do have mould forming, throw away the sprouts immediately and wash the germinator thoroughly with a mixture of vinegar and water. Don't be put off though – give it another go!



For sprouting information call the Sprouting Helpline on **0845 608 5858**

Caring for your germinator

- After use wash the germinator thoroughly in warm, soapy water. Alternatively, BioSnacky germinators are dishwasher safe.

Grow your own

For best results use organic, GM free, non-irradiated seeds such as BioSnacky.

How to enjoy your sprouts

You can eat your sprouts in any of the following ways:

- Place in a bowl on their own or with a dressing of your choice. Makes an ideal side dish.
- Sprinkle on top of or mix into a salad.
- Add to sandwich fillings.
- Add to a stir fry just before serving. **It is best not to cook sprouts as they lose nutrients if heated.**
- Sprinkle on top of soups or stews before serving.



Grow your own

Sprouts are a healthy and nutritious **convenience food** - you don't need to cook them.

Troubleshooting

Problem	Why?	What to Do
Seeds don't sprout	Too many seeds in the germinator	Stick to the recommended amounts (see seed packet). Spread the seeds out evenly at the start of the process, and after each rinse.
Sprouts taste bitter	Sprouts have been left too long before eating	Harvest sprouts a little earlier for a sweeter taste.
Sprouts go off, develop mould or rot	Too hot Insufficient rinsing and draining Germinator insufficiently cleaned between batches	Make sure the room is not too hot. Make sure the seeds are rinsed daily and drained well. Clean germinator thoroughly.
Water does not drain properly through large germinator	Red plugs are clogged or directly above each other	Stagger the red plugs (don't have them directly above each other). Check the plugs are not clogged. Make sure the plugs are not pushed in too hard.
Lost or broken red plugs		Phone the Helpline to order a replacement.



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