

A.Vogel Institute

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

Before Germinating

Prior to using the germinator for the first time and before each use afterwards, wash the whole germinator with warm water and your usual kitchen detergent, followed by a thorough rinse in cold water. The germinators are dishwasher safe. Rinse the seeds thoroughly in cold running water before using them. Soak the seeds overnight by covering them with water.

Setting up the Germinator

It's important to stagger the red plugs rather than having them directly below one another. Adjust the tiers so that the plugs lie about 180 degrees apart so that the water has to run over the whole tray before draining away to the next tier. It pays to watch that draining starts into the next layer and that no blockages occur. Please place the germinator away from direct sunlight or excessive heat when sprouting seeds. Windowsills and airing cupboards are not suitable situations.

Sowing the seeds

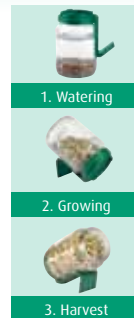
Don't overload the germinator trays with too many seeds. If you want to stagger the germination times to get a continuous supply of sprouts or germinate different seeds in each layer then please follow the recommendations on the packets.

Watering

The water level has to cover the red plug in the top tray in order for the drainage process to start. Make sure the red plugs are on firmly but not too tight. Initially the water does cause the seeds to migrate towards the red plugs during drainage, although once the seeds sprout they don't float about any more. Tilt the germinator between your hands to re-establish drainage.

Grow your own

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



Please ensure that there is no excess water left behind in the trays. The seeds should be wet but not submerged in water otherwise they will start to smell. Tilt the germinator to force the excess water to drain downwards. This may need to be done for each tier. Always empty the bottom collection tray after each watering. This water is good to use for your houseplants.

Jars

Place the seeds in the jar and soak overnight, then rinse and drain twice daily. Tip the jar and allow it to rest on the green foot to drain the water.

Harvesting

Your sprouts will be ready to eat after 4-8 days, depending on the variety. You may prefer to eat them earlier or later depending on your personal taste.

Store the sprouts in an airtight container in the fridge, where they will stay fresh for up to five days.



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!

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 Not enough water	Stick to the recommended amounts (see seed packet). Spread the seeds out evenly at the start of the process, and after each rinse. Make sure you soak seeds overnight and rinse and drain them twice a day.
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	Room 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.

For sprouting information call the Sprouting Helpline on
0845 608 5858





Brewster Place, Irvine KA11 5DD
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