

# The Mavis Institute

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## MASON JAR SPROUTS



### Sprouts



Sprouts are easy and cheap to grow and, as locally grown vegetables, offer additional environmental benefits by avoiding pesticides, food additives and pollution from transportation.

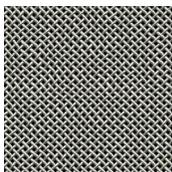
They offer a powerful source of vitamins, minerals antioxidants, enzymes that fight free radicals as sprouting can increase their potency by 20 times or more.

Vitamin, such as A, B, C and E, and essential fatty acid nutrients increase in sprouting and minerals bind to protein, making them more easily absorbed.

Sprouted seeds, grains, legumes or nuts help support cell regeneration.

Due to their richness in dietary fibre and low calorie content, sprouts offer a substantial help in your weight loss goals.

### Material Check List



### Sprout Making Supplies

Most everything you can find laying around the house. Here is a quick guide to Sprouting.

To grow mason jar sprouts, you will need the following supplies:

- A clean glass jar with lid
- Scissors
- Screen
- Seeds



## Mason Jar Sprouting

### 1. Choose a jar and lid.

Any glass jar will do for sprouting, though one with a wide opening is most convenient for rinsing, draining, and removing sprouts. Choose a jar large enough to contain the seeds and sprouts.

For smaller seeds, use a quart jar with mesh lid.

For legumes and grains, the half-gallon sprouting jar with lid makes sprouting large seeds easy.

### 2. Rinse Seeds.

Rinse seeds well with cool water (around 70°F) and drain. Remove any debris, stones, or broken seeds. When sprouting smaller seeds, removing broken seeds is not practical, but do look for any non-seed material and remove at this point, if possible.

### 3. Soak Seeds.

Place rinsed seeds in a jar and fill about  $\frac{3}{4}$  full with cool water. Cover with a mesh lid or cloth, secured with a rubber band, or ring, to allow air flow.

A general rule is to soak at least 8 hours. Some larger seeds may require a longer soak. Soak until the seeds have doubled in size. Keep in mind that temperature also affects soak time. In warmer temperatures, the soak time is shorter. In cooler temperatures, soak time is longer, and larger seeds like chickpeas or kidney beans may require a 24-hour soak.

### 4. Drain Seeds Well.

It is important to drain the seeds well, for several hours, while allowing plenty of air circulation. Mesh lids work well for this step, as the jar may be inverted and propped at an angle to drain for long periods.

### 5. Rinse, Drain, and Repeat.

Rinse seeds with cool water and repeat draining. Rinse gently to avoid damaging tender new sprouts. Usually 2-3 days of rinsing and draining about 3 times per day is sufficient.

In very warm temperatures, rinse more frequently. In cold weather, less frequent rinsing may be fine, but keep in mind that seeds may not sprout as well. A temperature of about 65-80°F for most seeds is fine.

### 6. Final Rinse and Drain

Once sprouts are ready to harvest, rinse one final time and remove un-sprouted seeds and seed hulls, if desired. Drain thoroughly one final time before eating or storing sprouts.



Gather your supplies, (Screen, scissors, lid) start by cutting out your screen material to fit inside the ring of the jar. Use the lid itself (ring or lid) as the template. I find it helpful to put the screen against the lid and trace the perimeter of the lid on the screen using a marker. Then make your cuts using scissors.



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