



Grow your own living foods – fun, inexpensive, good for you

HOW TO GROW WHEATGRASS

Seeds can stay dry in a tightly sealed mason jar in the fridge for years.

Start soaking seeds in the evening so you start the rinsing process each morning.

Put 1 cup of dry seeds in a mason jar.

Add three parts water to the jar and let this sit overnight.

You will need to start two cups of seeds for a 10 x 20 inch tray.

Twice a day for the next 24 – 36 hours, rinse with fresh water.
Use rinsing water to water other plants.

Within 24 – 36 hours the wheatgrass will grow little nubs. This means it is time to plant.

Use 100 percent organic potting mix.

Spread soil to $\frac{1}{2}$ inch to $\frac{3}{4}$ inch in a tray.
Remove sticks and rocks – spend time to make soil as even and smooth as possible.
The attention to details will make a difference in your yield.

Use the bottom of another tray to press the soil down.

Pre-moisten the soil with a misting bottle.

Then pour the seeds on top of the soil.

The one cup of seeds have swollen to a cup and a half.
Spread seeds so that they are not piled on top of each other

Water by pouring into the sprout lid to disperse the water to avoid disturbing the seeds.

A 10 x 20 inch tray will take 2 cups of seeds that have swollen to about 3 cups.

Use about 4 cups of water the first time – you want to water until it starts to drip through the bottom of the tray.



1501 Golden Brooke Lane, Pittsburgh, PA 15237

724-417-6695



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Each subsequent time will take 1 cup of water.

Then add a cover tray to keep the roots from drying out.

Then twice a day water with a cup of water through the sprouting lid and replace the cover tray.

After three days of watering twice a day, you will start to see the first evidence of green grass blades. You can now remove the cover tray.

After four days, wheatgrass has formed a root mat and looks like sod.

Keep watering twice a day for a total of ten days.

You know it is time to cut the wheatgrass when the jointing stage occurs which is a second baby growth coming from the base of the wheatgrass.

For a sweeter taste – cut entire tray at the beginning of the jointing stage.

This is when it is growing from a baby into an adult.

You can cut and transfer to a bag and keep in the fridge and it will last about 5 days or longer if kept in a green-bag.

Grapefruit seed extract may be used for mold but the best approach is to prevent mold.

You need gentle air movement to solve mold problems.

If temps are too high or too high humidity or unclean trays are used or you have old or bad seeds, then these are reasons for mold forming on the wheatgrass.

GROWING SPROUTS

LEGUMES AND BEANS, ADZUKI, GREEN LENTILS, RED LENTILS, FENUGREEK

Buy only organic seeds that are sold for sprouts.

Some seeds are sold in stores have been heat processed or irradiated are not going to germinate.

You need a sprouting container – 1 qt wide mouth mason jar (versatile and inexpensive but make sure it is American like Ball jars).



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Purchase sprouting lids.

For legume sprouts – use ½ cup of beans and add at least 3 parts fresh filtered water room temp – leave out at room temp for 8 hours – in morning put sprouting lid and drain and leave jar upside down or at an angle and twice a day for three days rinse with fresh filtered water.

Swirl around and let sit for one minute and then drain water off and leave jar upside down and after three days you will have a jar of bean sprouts. The white part of the tail will be ½ inch to ¾ inch long. At this stage it is the most tender, delicious and nutritious. You can then refrigerate by replacing the sprouting lid with the standard jar lid and it will last for 5 days.

If you use a greenbag, they will last 10 days. These have oya absorbs ethylene gas.

Let the sprouts dry in the jar for twelve hours before refrigerating. To do this skip the last rinse and they will dry themselves in the jar. So, on third day, rinse in the morning then skip the evening rinse and put in the fridge.

You need 3 things to grow sprouts – air, water and time.

Clean your jar and lid with grapefruit seed extract at 10 parts water to one grapefruit seed extract. This acts as a natural anti-fungal.

- 1 – SOAKING STAGE – 8 HRS
- 2 – RINSING STAGE – 3 DAYS
- 3 – HARVEST STAGE – 5 DAYS OF EATING

We're actually growing hydroponically at this stage because we are not using soil. If we continue to rinse beyond 3 days we would start to see a stem and a leaf but the stem is very hard to chew and digest.

Harvest before the stem and leaf emerges.

These legume sprouts are 10 times more nutritious than vegetables you grow in your garden. Each seed contains all of the nutrients needed to grow into a full plant – the early germination stage during first 3 days is when it is at its highest nutrient content and bioavailable levels – irons, calcium, magnesium, zinc etc... it is concentrated nutrients – a miracle of nature – a living food unlike raw foods.

These have bio-electricity – you are alive and these are alive – the more alive foods you eat the more alive you become.

These are still growing when you consume them. They have bioelectricity.



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MUNG BEAN SPROUT

Use a pitcher with holes drilled in bottom sleeved into one without holes.

½ cup mung beans to three parts water and soak 8 hrs.

Drain and rinse

Then put weighted pitcher on top because they need resistance to grow.

Continue to rinse twice a day for 5 days (not 3) – secret is to grow under pressure.

These are very high in enzymes – 100 times more enzymes than raw foods.

LEAFY SPROUTS

LEAFY SPROUTS ARE ON AVERAGE 20 TIMES MORE NUTRITIOUS THAN THE BEST RAW VEGETABLE YOU EAT FROM YOUR GARDEN.

Use a wide-mouth Ball Mason Jar that is cleaned and sterilized.

Put 2 tablespoons of seeds in the jar in the evening and fill the jar with water.

Leave the jar filled with water on your kitchen counter top overnight.

In the morning, you will begin the rinse and drain process. By using a sprouting lid, or some type of lid with very small holes such as a piece of screen or cheesecloth etc..., drain the jar, fill with fresh water, let it sit for one minute and drain again. Let it sit upside down or at an angle in a way that allows extra water to drain and some airflow. Repeat the rinse and drain process in the evening and continue for twice a day (morning and evening) for seven days.

On the seventh day, skip the last rinse so that it dries out a bit. When you are ready to move your sprouts into the fridge, replace the sprouting lid with a solid lid so that the sprouts do not become too dry. These sprouts will last for five days in the fridge.

The seven-day process allows the stems and leaf to develop and chlorophyll develops too.

Keep the jars in indirect light in the kitchen. Direct sunlight will cause the jar to get too hot inside (like a greenhouse) and mold will develop.

The ideal room temperature is between 65 – 75 degrees with no more than 50% humidity. Gentle air movement is helpful too, but only if necessary. This can be accomplished with a small room fan.



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You can eat the whole sprout and the hull. If you have sprouting lids with different size holes, use the one with the smallest hole when the seeds are small and then you may move to one with a larger hole, once the sprout begins to grow. If you use a sprouting lid with a larger hole, then the hulls come out when rinsing.

It's helpful to date your jars at the beginning so you remember how many days you've rinsed and drained etc...

Enjoy!!

GROWING MICROGREENS

Fill a 10 x 20" tray with moistened organic potting soil of choice.

Press down on the soil.

Sprinkle seeds over the soil and press again.

Mist with water.

Cover either with paper towels (if you do this, you can water through the paper towels and remove once the paper lifts off without greens sticking to it), or cover with vermiculite (best for insulation and holding in moisture or cover with an empty upside down tray).

Water twice a day.

Once the shoots start to grow, remove the covering and continue to water for about 10 days, harvest and enjoy!



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