

Broccoli Sprouts

We know you will thoroughly enjoy your purchase of our organic **broccoli seeds** for sprouting. They are very popular for growing broccoli sprouts especially since it has been discovered that they have an amazing amount of the cancer-fighting phytochemical, sulforaphane. You can learn much more about sulforaphanes at www.Nutritionfacts.org

Delicious nutritious broccoli seeds sprouting are rich source of vitamins A, B, C, E and K, anti-oxidants, the minerals calcium, iron, magnesium, phosphorus, potassium and zinc. Also carotene, chlorophyll, amino acids, trace elements and antioxidants. Sprouted organic broccoli seeds contain as much as 35% protein. It's time to get started growing healthful broccoli sprouts today!

Sprouting Instructions

Yields approximately 2 Cups (1/2 lb.) of Sprouts

1. Transfer the full jar of seed to another container with a tight fitting lid.
2. Put about 1 tablespoon of seed in the jar .
3. Replace the lid using the screen (without the solid lid).
4. Fill with water and drain a couple times to rinse the seeds.
5. Fill half way with water soaking all seeds – let sit for 6-8 hours soaking.
6. Drain and rinse a couple times then drain completely upside down.
7. Repeat the rinse and drain every morning & evening. (3 x a day if in a dry climate).
8. After day 2 you'll see growth, After day 4 they will be an inch long.
9. Day 5 GREENUP - most sprouts will have little leaves on top put them in indirect sunlight so they will green up a bit. Keep rinsing them as before.
10. Day 6 DEHUSKING - wash your hands like a surgeon. Transfer the sprouts to a big (at least 3-4 times the volume of your sprouter) pot or bowl, fill with cool water, loosen the sprout mass and agitate them with your hands in the pot filled with water. Skim the seed hulls off the surface or fill the pot to overflow which skims the husks. Some husks sink so be careful when emptying the pan. Return the sprouts to your sprouter or a colander for their final rinse and drain.
11. After draining well, let sprouts sit out in the air several hours (not in the jar) to dry them. If you put wet sprouts in the refrigerator they will go bad faster.
12. Once fairly dry you can use the jar and solid lid to store sprouts in the fridge or better yet start another batch! The go fast and you should eat them often.

NOTES:

- ❖ Set your Sprouter anywhere out of direct sunlight and at room temperature (70° is optimal) between rinses. Breaking up clumps of sprouts with a fork is a good idea as you rinse. Too much seed = tangled mess.
- ❖ Keep them near the sink so you don't forget about them.
- ❖ Don't leave standing water in the jar – this will cause sprouts to spoil.
- ❖ All sprouts generate heat while growing, which is a good thing, but it can get out of hand on occasion.
- ❖ When the weather is especially hot and humid you will do well to Rinse more frequently (every 8 hours if possible) using colder water than usual (the coldest your tap can offer is fine), to compensate. Sprouts will grow faster in warm weather.
- ❖ These wonderful little Brassica plants have a unique root structure. Brassicas will show microscopic roots starting around day 3. They are called root hairs and are most visible just before rinsing when the sprouts are at their driest. When you Rinse the root hairs will collapse back against the main root. Many folks thing these root hairs are mold - but they are not. Now you know!

HOW TO EAT BROCCOLI SPROUTS

Sprouts are a natural addition to any salad or you can make them into the main ingredient of the salad. Here are some dressing ideas that will make eating sprouts enjoyable. Sprouts are easier to eat if chopped before adding to salads. Add any salad ingredients to sprouts and use these dressing recipes to finish it off. Especially good with chopped tomatoes.

Sweet and Tangy 1/4 cup apple cider vinegar 2 tablespoons maple syrup or 4 drops Stevia leaf extract 1 teaspoon mild Dijon mustard 1/4 teaspoon ground cumin Few pinches of cinnamon 1/2 teaspoon sea salt 1/4 to 1/3 cup walnut oil, olive oil or no oil	Oriental Dressing 2 tablespoons dry roasted peanuts - chopped 2 tablespoons sesame seeds (untoasted) 1/4 cup rice vinegar 2 tablespoons apple juice concentrate (I use fresh apple juice 1/4 cup) 1 tablespoon soy sauce (or Braggs Liquid Aminos) 1 tablespoon minced fresh ginger 1 garlic clove, minced 1/4 teaspoon black pepper 3 drops of Stevia leaf extract (Sweetener)
FRESH and LIGHT 1/4 cup flax seed oil 1/3 cup fresh lemon juice Tamari (to taste) Add chopped red onion - optional	Creamy Salsa dressing: Mix 1/2 cup favorite salsa 1/4 cup Almond butter 1 clove fresh garlic finely chopped 1 tbs rice vinegar or favorite vinegar juice of 1/2 lime
Tahini Heaven 4 oz (1/2 cup) tahini (ground sesame seeds) 5 ounces water 2 Tbs lemon juice (about 1 big lemon) 1 tbs ground coriander 1 tsp cumin 1/2 tsp chili pepper 3 drops of stevia leaf extract (optional if you like it less sweet)	Garlic Herb Vinaigrette 1/4 cup white vinegar 1/4 cup Extra virgin olive oil juice of 1/2 lemon 3 cloves garlic – diced 3 drops Stevia leaf extract (Sweetener) 1 tbs Herbs de Provence or Italian spices

Distributed by Clergy Health Council of Greater Cincinnati
More recipe ideas at www.ClergyHealthCouncil.org/sprouts
For other sprout seeds and ways to grow them see www.wheatgrasskits.com
Contact us with questions: Rich@ClergyHealthCouncil.org