

Sprouting Chart

Sprouts are whole grain seeds germinated into very young plants. Sprouting increases their nutrient levels and makes seeds more digestible. Seeds can be easily sprouted at home, first by being soaked in water then stored in a vented jar for a number of days until small shoots begin to appear. Different seeds sprout at different speeds and have different properties so here is a guide to help you.

Health benefits

- Sprouted seeds are richer in protein, folate, magnesium, phosphorus, manganese, vitamins C and K than non-sprouted seeds.
- The nutrients are more available as the germination process breaks down phytate, an 'anti-nutrient' compound that inhibits your body's ability to absorb certain vitamin and minerals
- Germination also breaks down some of the starch in grains making them easier to digest for people who are sensitive to digesting grains.
- Sprouts are also a great source of antioxidants.



Sprouting guide

	Soak:	Sprout:	Health properties:	Notes:
Alfalfa	4–6 hrs	5–6 days		May contain toxin — canavanine. Avoid if you have autoimmune disease
Almonds	8–10 hrs	1–2 days	Easier to digest than raw almonds	
Azuki beans	12 hrs	3 days	Rich in calcium and iron	Sprout in darkness

Broccoli seeds	6 hrs	3–4 days	Rich in sulphoraphane, protein, beta carotene, vitamins C and K, great for the liver	
Brown rice	8–10 hrs	3 days	Rich in B vitamins and fibre	
Cabbage seeds	6 hrs	4–5 days	Good source of minerals, beta carotene and vitamin C.	
Fenugreek seeds	8 hrs	3–5 days	Help breakdown phlegm, purify blood, lymphatics, liver and kidneys	Can become bitter if allowed to grow over 2.5 cm
Flaxseed	6–8 hrs	4 days		Good to grow on paper towels
Lentils	6–8 hrs	3–4 days	Good source of B vitamins, iron and easily digestible protein	Sprout easily
Mung beans	8–10 hrs	5 days		Sprout in darkness, allow to grow 2 leaves before harvesting
Pumpkin seeds	8 hrs	1–2 days		Can be eaten after soaking do not need to be sprouted
Quinoa	6 hrs	2–3 days		Rinse several times before soaking
Radish seeds	6 hrs	3–5 days	Help to break up phlegm, warming	
Wheat	10–12 hrs	2–3 days	Contains 8 amino acids, and a good	

			source of antioxidants. Rarely cause allergic reactions	
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Extracted from Rawsome by Brigette Mars