

Why I Sprout

Since Christmas of 2006, I've been in sprouts heaven. The gift of an automatic sprouting machine from my husband was the best investment of the year! And I continue to reap healthy dividends every day.

Each morning, I tenderly pull a bunch of sprouts from one of my five trays in my automatic sprouting machine, rinse it a few times with clear cool water and put it in a lunch box for my husband. In the box, I might add some cherry tomatoes, spinach, broccoli, cucumber slices, onions or whatever is in season. That will be part of his lunch. Then for my own breakfast or lunch, and my children's too, I'll tug more sprouts from the trays that sit contentedly in my automatic sprouting machine. For dinner, we usually have some kind of sprouts as well. Let's see, what I have in the machine now: alfalfa, brassica and sunflower sprouts. Yum! Two trays are empty and need reseeding this evening.

Indeed, sprouts are very healthy and delicious! If you have no time or space to grow your own vegetable garden but you want to have a constant supply of nutritious, delicious, organic and economical baby green plants to eat daily, try sprouting!

You can make salads, sandwiches, soups, breads, dips, dressings, cookies, crackers, raw juices and even pizza with sprouts! If you have not tried sprouts, you might find the new flavors and textures slightly unusual initially. Then after several mouthfuls, you begin to realize how amazingly clean, fresh, aromatic and scintillating they are to your taste buds.

Let me share some good reasons to start sprouting!

1) Sprouts are very nutritious.

The nutrients of seeds and grains increase many times over when they are sprouted. "Sprouts are baby plants in their prime." (Meyerowitz) Take broccoli sprouts for instance. It contains a plant compound, sulforaphane glucosinolate (SGS) which has anti-cancer and anti-oxidant properties. Broccoli sprouts contain 10-100 times more SGS than mature broccoli. On the rare (and special) occasion when we order pizza, eating sprouts as a side dish also makes me feel better as I know we are all eating as much wholesome food as we are eating pizza (with its white wheat and processed meat).

- 2) **Sprouts are organic.**
I use organic seeds. I have full control over them and there is no fear of contamination from the wind or water runoffs like when I buy organic vegetables.
- 3) **Home-grown sprouts are fresh and hygienic.**
I used to get my sprouts from the supermarket or health store (especially for the organic kind), but they didn't always look fresh. Now I eat what I harvest the very same hour! Besides if commercial sprouters were careless and allowed the water supply to get contaminated, then there might be problems.
- 4) **Home-grown sprouts are economical.**
Seeds multiply many times their weight. Say if you buy \$12.00 per pound for the seeds, you pay only 75 cents for a pound of fresh, organic greens. You pay much, much for when you buy sprouts from stores and depending on where you live, you also don't get much variety. My supermarket only has alfalfa and broccoli sprouts.
- 5) **They are delicious.**
Absolutely. I've yet to try all the many different kinds of seeds available (I've only been sprouting for six months), but so far, I love each and every kind. Some are slightly pungent, some are very crunchy, some are sweet, some slightly fragrant, but they all taste so fresh and good.
- 6) **They are versatile.**
And you can say that again! Soups, sandwiches, salads, tacos, burritos, etc. They add color, texture, aroma and taste to your dishes.
- 7) **They take little space and time.**
Well, I couldn't really say this before my husband gave me the automatic machine and I was fiddling with different methods. Now that I have a system of growing the seeds, I take more time cooking a simple breakfast than preparing my five trays of sprouts for one week! It is really quite painless once you get over the friendly learning curve.
- 8) **They are fun and educational.**
As a homeschooling mom, I look for lessons everywhere! I love that sprouting is so educational for my children. Through observation, they witness how power-packed each seed is. Some seeds are so very tiny but give them the necessary conditions

of water, air and warmth and my children can witness life springing forth almost before their very eyes!

9) They are easily digested.

If you have problems with digestion (1 out of 3 Americans suffer from that in some form or other) you will love sprouts as they are teeming with enzymes that make them easy to digest.

10) They are time-savers.

Sprouts help me cut down time spent in the kitchen! It takes a while for instance to wash and prepare a head of cabbage or broccoli. With the sprouts I can serve vegetables that are in their prime in quick time! I simply rinse them well and they are ready to be enjoyed!

So what are you waiting for? Invest in a sprouter and see how you can transform a bunch of seeds to a bowl of salad in five days! Invest in one and you are investing in great health for your family!

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You can now purchase the
Easygreen Automatic Sprouter
from Berryson.com

Shipping is FREE!