

Growing Your Own Living Foods

By Brian Hetrich of Hippocrates Health Institute

<http://www.hippocratesinst.org>

I. GROWING CONDITIONS/CLEANING

All sprouts need these growing conditions:

- A. **Temperature is between 65-75 degree Fahrenheit**
- B. **Humidity is less than 50%**
- C. **Lighting is indirect only. No direct sunlight rather use full spectrum lights for best results.**
- D. **When finished purify containers, trays and lids with grapefruit seed extract – 1 part to 100 parts water.**

II. SPROUTING IS EASY: SOAK TIMES AND STEPS

A. *Beans and Legumes*

1. Facts

- a. Good for lowering ldl cholesterol and good for the heart
- b. They are 10 times more nutritious than the best raw vegetables you can grow
- c. Will yield 3x their size in volume
- d. Debbie Meyer's green bags will make your produce last longer. Up to 10 days.
- e. Note: you can use the sprout water to water your plants. They love it!

2. Examples

- a. Mung - soak 8 hours, rinse 36 hours , high in zinc, good for breast and prostate cancer, balding
- b. Lentils - soak 8 hours, rinse 36 hours
- c. Adzuki - soak 12 hours, rinse 4 days
- d. Chickpeas - soak 12 hours, rinse 3 days

3. How to Sprout them:

- a. Use quart mason jar (wide mouth)
- b. Remove lid and replace with sprouting lids
- c. Soak beans (at least 3 cups best filtered water to 1 cup seeds)
- d. Soak x hours (see above), drain and set at 45 degree angle out of the sun
- e. Rinse twice/day. Fill jar with cold, fresh filtered water, sit for one minute, drain water and set in drain pain at an angle. Do this for x days (see above). When tail is ½" the sprouts are ready.
- f. Harvest. Replace lid with standard lid. Put in refrigerator. Don't rinse before you put in refrigerator.

4. How to Sprout thick-rooted mung beans:

- a. Need to grow under pressure
- b. Use standard water service pitchers, 1 pitcher has holes drilled in bottom (3/16 drill bit, about 30-40 holes)
- c. Sleeve pitcher with holes into pitcher without. Put in 1 cup of seeds, fill with lukewarm water (95 – 100 degrees)
- d. Drain water after 8 hours (un-sleeve pitchers)
- e. Re-sleeve pitchers. Take third pitcher full of water and use as a weight directly on top of growing sprouts.

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- f. Fill with water twice/day, wait 1 minute and drain.
- g. Continue until ready to harvest.

B. Leafy Greens

1. Facts

- a. Seeds are much smaller
- b. Will yield 10 times their size in volume
- c. They are 10 times more nutritious than the best raw vegetables you can grow.
- d. Will yield 3 times their size in volume

2. Examples

- a. Garlic
- b. Clover
- c. Alfafa
- d. Radish – good for blood, excellent expectorant, good for whooping cough
- e. Broccoli
- f. Cabbage
- g. Onion

3. How to Sprout them:

- h. Use quart mason jar (wide mouth)
- i. Remove lid and replace with sprouting lids
- j. Start with smaller quantity – 1-2 Tbsp.
- k. Soak seeds (at least 3 parts best filtered water to 1 part seeds)
- l. Soak 6 hours, drain and set upside down in drain pan out of the sun
- m. Rinse twice/day. Fill jar with cold, fresh filtered water, sit for one minute, drain water and set in drain pan.
- n. Green the sprouts. Do this by continuing the rinsing process for 6 days.
- o. Harvest. Replace lid with standard lid. Put in refrigerator. Don't rinse before you put in refrigerator.

C. Wheatgrass, Sunflower, Buckwheat and Pea Shoots

1. Facts

- a. The process takes 11 days from start to finish.
- b. Good for blood, extremely nutritious and healing
- c. Need trays: 10 x 10 tray = 1 cup seeds, 10 x 20 trays = 2 cups seeds, 17 x 17 = 2.5 cups seeds
- d. Need 100 % organic potting mix
- e. Need at least one 10 x 10 tray to press down soil to prepare seed bed
- f. Need *Easy Sprouter* or sleeved water service container method to submerge sunflower seeds

2. Examples

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- h. Wheatgrass – use hard, red, winter, wheat berries,
- i. Sunflower (black oil – hulls will fall off more easily than the white striped variety although equally nutritious)
- j. Buckwheat
- k. Pea Shoots
- l. Barley

3. How to Do it:

- a. Soak for 8 hours
- b. Rinse - roots emerge after 36 hours of rinsing. Then it is time to plant.
- c. Plant - spread soil, pick out any sticks and breaking up clumps. Prepare seed bed by taking empty 10 10 tray and pressing down on dirt. Turn tray 90 degrees and press down again.
- d. Spread sprouted wheat berries. Lightly water. Use trays with holes in bottom as it prevents over watering. Use spacers (i.e. extra lids) underneath so trays don't sit in drain water.
- e. Cover with another tray. When green blades emerge, no longer need cover but continuing watering 2x /day.
- f. Never grow in direct sunlight as it causes it to become bitter.
- g. Harvest the entire tray at the first jointing stage (when the second blade emerges). To harvest use a knife and cut as close to the root as possible. Put in a green bag and will last 5 days in the fridge.
- h. Begin the process again every two days so that you are planting every two days.

4. How to Grow Sunflower Sprouts:

- a. Use *Easy Sprouter* for sunflower seeds, fill with water.
- b. Stir every 15 minutes for 1st hour, then submerge seeds with sleeve and soak for 8 hrs.
- c. Rinse 2 times/day for 36 hours.
- d. Re-sleeve with dome on top. Ready to plant when tail emerges.
- e. Prepare seed bed. Trays are 2 " deep. Fill half way. About 1" soil.
- f. Put weighted tray on top of seeds. When sprouts push to edge of tray, remove and use empty tray upside down to cover the emerging plants.
- g. When tray again pushes up beyond edge, then remove tray.
- h. Harvest at the jointing stage - Sunflower jointing stage occurs at top of plant.
- i. Mist sprouts and stroke them gently to remove hulls.