



Sprouts – A Miracle Food

MAKE YOUR KITCHEN YOUR GARDEN

—by Johan Jacobs

Dormant seeds are small sleeping plants with huge potential, containing all the nutrients, genes, and more to develop to its full potential – an adult plant. Once you awaken the sleeping seeds with water, the enzymes come to life; the seeds start to grow with only one goal – to mature and reproduce.

Why should every household enjoy sprouts?

“Sprouts are baby plants in their prime. At this stage of their growth, they have a greater concentration of proteins, vitamins, minerals, enzymes, RNA, DNA, bio-flavonoids, T-Cells, etc., than at any other point in the plant’s life – even when compared with the mature vegetable.”
– Steve Meyerowitz, *Sprouts: The Miracle Food*

Vitality and good health

Therefore, adding sprouts to your diet is an easy way to gain the living nutrients needed for vitality and good health. Sprouts are easy, cost-effective, and practical to implement into your daily diet. For their size they offer a tremendous number of nutrients.



More reasons for incorporating sprouts into your lifestyle:

- Sprouts are an excellent source of enzymes – the “sparks of life” – and help fight degenerative diseases, such as cancer and arthritis.
- They contain significant amounts of nutrients, all in synergy.
- Sprouts are economical to produce at home.
- Sprouts are a source of fresh food all year round.
- Sprouts are easy to grow – very rewarding and educational for children.
- Sprouts boost your immune system, strengthening your body’s ability to fight off bacteria, viruses, and ‘dis-ease’.
- It prevents diseases. Adding sprouts to your diet substantially increases your fibre intake. In other words, eating nutrient and fibre-rich foods every day helps prevent heart disease, type 2 diabetes, and obesity.



HOW TO LET SEEDS SPROUT

1. Always soak the seeds overnight in pure water.
2. Drain and rinse.
3. Place the sprouts in a glass jar. Cover the opening with a fine cloth that will allow drainage of excess water and breathing; or cover the sprouts with some sort of loose protection such as a hemp sprout bag.
4. Rinse and drain the sprouts with purified water two to three times per day.
5. Depending on the type of seed that is sprouted, it should be ready to use after a few days of sprouting. When they are ready, rinse, drain, and refrigerate. Use them as needed.

IMPORTANT SPROUTING CONSIDERATIONS

1. Use only pure water for Sprouting

The seeds will absorb impurities and minerals from the water; so it is essential not to contaminate the seeds that you will end up eating. The principle of using pure water applies to all the water that touches your food before it enters your mouth.



2. Sunlight for chlorophyll

Sprouts are even more nutritious if they have been exposed to the sun after germination (Do not expose the sprouts to direct sunlight, or too much heat). With sun exposure, sprouts store energy in the plant. The light activates the process of photosynthesis in the sprouts, making the leaves turn green. In other words, chlorophyll is produced. In the body chlorophyll increases blood supply, activates enzymes, renews tissues, soothes inflammation, and detoxifies.

3. A hygienic and clean environment

Obviously you do not want germs and contaminants in your food. A sprout jar filled with sprouting seeds is a small “ecosystem” that will attract germs if it is not kept clean. Place sprouting jars in the most hygienic place in your kitchen.

4. Storing in the refrigerator

Sprouts will become mouldy if stored too long. Discard them if they are slimy. Start enjoying the sprouts as soon as possible. Do not sprout too many seeds at a time so as to avoid wastage.

TYPICAL APPLICATIONS FOR SPROUTING:

1. **ESSENE BREAD** is made of wheat sprouts. Arguably the most cost-effective to produce the most nutrient-dense loaf for your family.
2. **HUMMUS** can be made from sprouted chickpeas.
3. **SALADS**. Cover your daily salad with a selection of fresh sprouts.



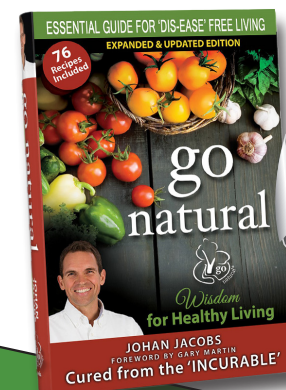
Both the Essene bread and hummus recipes are available in our book, *GO NATURAL – Wisdom for Healthy Living*.

Cost-effective and nutritious

By sprouting you incorporate your garden into your kitchen, making it possible to produce cost-effective yet highly nutritious food in the comfort of your own home. Every household should own a sprouter. ■



Get the recipes for sprouts in this book



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021 852 2744
info@gonatural.co.za
www.gonatural.co.za