

## Broccoli or Cabbage Seed Sprouting Instructions

BEST SOURCE OF SULFOROPHANE or PEITC\*

1. Place 3 TBSP sprouting seeds in a quart Mason jar and fill jar halfway with water. Add 1/2 dropperful grapefruit seed extract liquid (to reduce mold). Screw on sprouting lid with smallest holes and let soak for 8–10 hours. (Avoid the metal sprouting lids as they rust.)
2. Drain water through top, holding jar at an angle, then place in a way that it can sit top down at a 45 degree angle. I lay it on a metal rack over a towel on the counter in my laundry room next to a sink. Some people use an angled dish drainer. Amazon sells special racks for this purpose.
3. Place a towel or cloth over the jar to block out light.
4. Every morning and evening rinse the seeds and drain out the water on an angle, taking care not to leave a lot of seeds clinging to the sides of the jar.
5. Once sprouts have about a 1/4 inch of growth remove the cloth and expose them to light for the rest of the sprouting time. If not doing the next step, I usually stop rinsing them the last day before they are done to allow them to dry out a bit before transferring them to the fridge.
6. Once sprouts are around an inch long, transfer them to a bowl and fill with water. *If you want to skip this step you can transfer the jar to the fridge and eat the sprouts without removing the hulls.*
7. Using a large spoon, skim hulls and throw them in the sink. It's hard to get them all or not to lose sprouts in the process so this is not a good job for someone who is as perfectionist.
8. Strain through mesh sieve, leaving behind un-sprouted seeds at bottom of bowl.
9. Return sprouts plus water to fill the glass sprouting jar and add a squirt of grapefruit seed extract. Swirl around, turn upside down, and drain.
10. Place jar upside down at an angle again and leave for 1–2 days until sprouts are dry. No more rinsing at this point. Place in fridge to store. If dried well, the sprouts will last 5–6 days in the fridge.
11. Start process all over again in fresh jar so you'll always have a supply of sprouts.

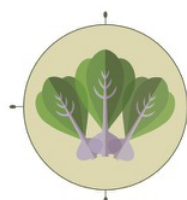
Where to buy supplies (in the US):

<http://sproutpeople.org>

[https://www.amazon.com/s?k=sprouting+lids+for+wide+mouth+mason+jars&ref=bnav\\_search\\_go](https://www.amazon.com/s?k=sprouting+lids+for+wide+mouth+mason+jars&ref=bnav_search_go)

[https://www.amazon.com/s?k=organic+broccoli+sprouting+seeds&crd=JW5VT7POZSEM&srefix=organic+broccokli%2Caps%2C212&ref=nb\\_sb\\_ss\\_sc\\_1\\_17](https://www.amazon.com/s?k=organic+broccoli+sprouting+seeds&crd=JW5VT7POZSEM&srefix=organic+broccokli%2Caps%2C212&ref=nb_sb_ss_sc_1_17)

\*Best source of PEITC is curly cress sprouts but these can't be sprouted in a jar. Instead they must be grown as micro-greens in a tray with a growing medium. Consult <http://sproutpeople.org> for instructions and supplies.



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Maria Bachteal, NC



Here's how sprouts look when it's time to expose them to light

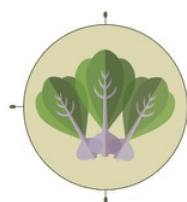


The hulls float to the top



After draining

Eat  $\frac{1}{4}$  cup a day. Try sprouts on salads, on top of sauerkraut, stirred into soups, in smoothies, on top of avocado toast. The options are endless.



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