



How To Make Your Own Sprouts at Home!

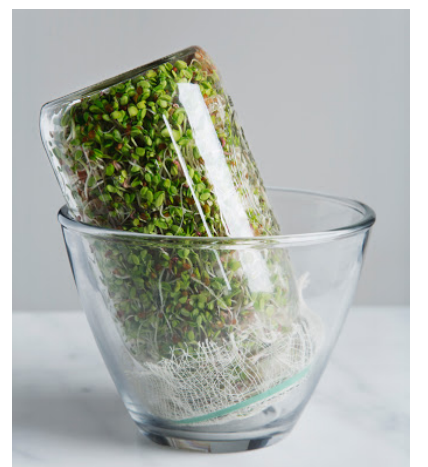
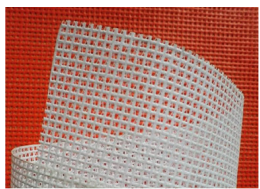
Growing your own sprouts at home is easy, fun, nutritious and good for the environment! Just follow these steps and in no time you'll be a sprout growing pro!

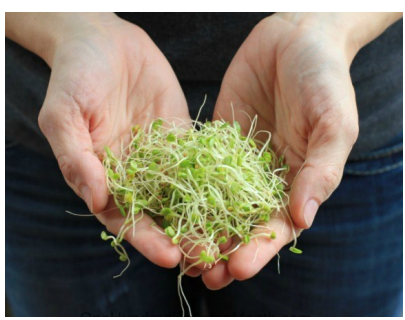
Materials:

- Mason jar (32oz or 16oz will suffice)
- Mesh/cheesecloth/something that has holes to allow oxygen into the jar
- Rubber bands or the ring part of the jar lid
- Seeds, such as Alfalfa Green, Broccoli, Radish, wheat sprouts etc. You can find them at local gardening shops, bulk stores, supermarkets and online
- Water
- Dish rack/bowl

Steps:

- Clean jar thoroughly with water, rinse 1-2 tablespoons of the seeds and place into jar, making sure the seeds do not take up more than $\frac{1}{4}$ of the jar because they will expand, and fill jar with room temperature water 2 cm above the seeds
- Cut a piece of your choice of mesh to cover the mouth of the jar with 3 CM to hang over the side. Secure the Mesh with a rubber band or a screw on lid to keep the mesh in place. Allow the seeds to soak, depending on type 3-12 hours and place in non direct sunlight. (bigger seeds such as alfalfa need 8 hours, smaller seeds need less, for example quinoa and amaranth seeds only need to be soaked for 3 hours)
- Drain the excess water from the sprout jar through the mesh. Take off the mesh and fill the jar with fresh water, shake the jar gently and drain once more, using a bowl or a dish rack, sit the jar at an angle upside down to allow water to drain. Continue to rinse and drain seeds 2-4 times a day (make sure to not dry them out) for 4-7 days or until grown and ready to eat! Keep the sprouts in the fridge to keep them fresh.





Growing your own sprouts is very beneficial and helps the environment. It is beneficial because it saves you money. It also reduces your carbon footprint because when you buy sprouts from a store they are usually packaged in plastic. On average Canadians throw away $\frac{1}{2}$ kilogram of packaging plastic daily. Over $\frac{1}{3}$ of Canadians waste comes from packaging. This plastic from the sprouts end up mainly polluting oceans or washed up on islands where it negatively affects terrestrial and marine life. This is because many organisms mistake the plastic for food and it poisons them and causes biomagnification. Therefore affecting entire food chains. Plastic also takes years to break down, and even then, they never break down completely. Plastic is having huge effects on the environment and the problem is continuing to grow. It is estimated that Canadians produced 31 million tonnes of garbage a year. Also, the transportation that goes into bringing the sprouts into stores causes pollution, therefore by growing your own, you are not supporting these companies. 27% of greenhouse gas emissions are produced by transportation services. Another reason to grow sprouts is that you know exactly what is in the food you are eating and are not eating chemicals and or pesticides that could harm you and the environment. Pesticides end up getting to soil, water, turf and vegetation which contaminates it. It is also toxic to many organisms such as fish, birds, insects, ect. In growing your own sprouts it impacts the earth because you are not using plastic, you are not supporting companies that use harmful pesticides and the fossil fuels that it takes to transport sprouts into stores.

Sources

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