



### What is a sprout?

A sprout is a new bud from a seed that is beginning to grow (germinate) into a plant. At first, a sprout appears as a little white tip, but eventually it develops leaves at the end of its lengthening tail.

Certain sprouts are grown as a tasty and nutritious addition to a meal, easily homegrown mini-plants that don't need soil, fertilizer, or artificial light. How is that possible? Sprouts grow on the nourishment that is stored in their tiny seeds. Therefore, they don't need anything else to become food for you! Eaten raw, they provide vitamins, minerals, protein, and antioxidants, which are often lost in the process of cooking plants.

### What can you sprout?

The list of sprout seeds is long and includes alfalfa, beet, broccoli, some green pea, some lentil, mung bean, and even mustard! But wait. Even if these plants are not your favorite things to eat, sprouts taste different. Check out the Garden Therapy website (<https://gardentherapy.ca/best-sprouting-seeds/>) to learn what these surprising little powerhouse sprouts taste like. Sprouts are great on sandwiches, in wraps, in stir fries, frittatas, scrambles, on salads or even as the entire base of a salad. The possibilities are endless!

**Not everything should be eaten as a sprout**, including some lentils, beans, and peas because they contain certain toxins. It's best to get your sprouting seeds from a reliable source that sells seeds carefully selected and especially designed for sprouting. Some grocery stores sell sprouting seeds, and you can also order them online.

### Are there safety concerns?

As with anything we eat, there are certain things to know about safe handling of food, including how we grow and store sprouts. Here is a link to Cultures for Health for more information. Go to their sprouting safety tips: <https://www.culturesforhealth.com>

This kit contains enough sprouts (a mix of broccoli, clover, and alfalfa) for two non-edible experimental crops. The crops you grow from this kit are for **learning only and not for eating**. You can purchase sprout seeds for eating at many grocery stores or online.

Sprouting is very easy and only requires a jar, a sprouting lid, sprouting seeds, and fresh water. For a full lesson on how to grow sprouts - easily and safely - check out the directions on the sprouting card below.

