



SustainableLivingCenter

# Sprouts and Microgreens Workshop

November 2017



# What are Sprouts and Microgreens?

- **Sprouts:**

- Sprouted/germinated seeds that can be eaten raw or cooked
- Many types of “seeds” can be sprouted
- Beans and Legumes, Grains, Seeds

- **Microgreens:**

- Seedlings of vegetables and herbs grown in soil
- Three basic parts:
  - Stem
  - Cotyledon leaves
  - First pair of young true leaves
- Amaranth, Beets, Basil, Kale, Arugula

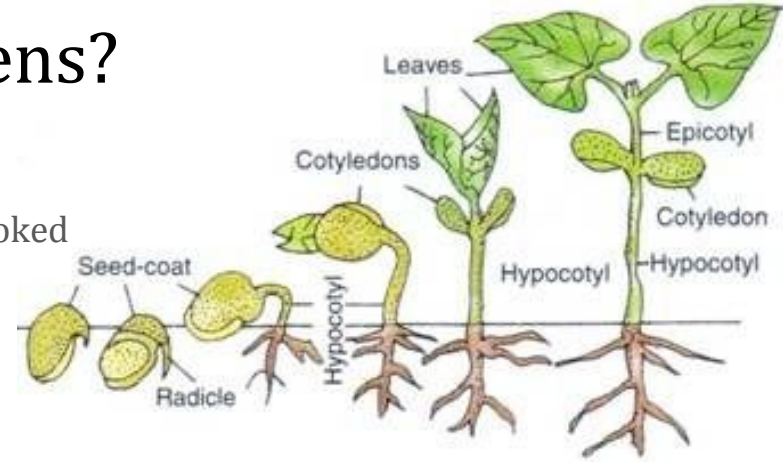


Fig. 3.8. Bean seed germination.



Beet Microgreens



Soybean Sprouts

# Why grow Sprouts and Microgreens?

- Health Benefits:

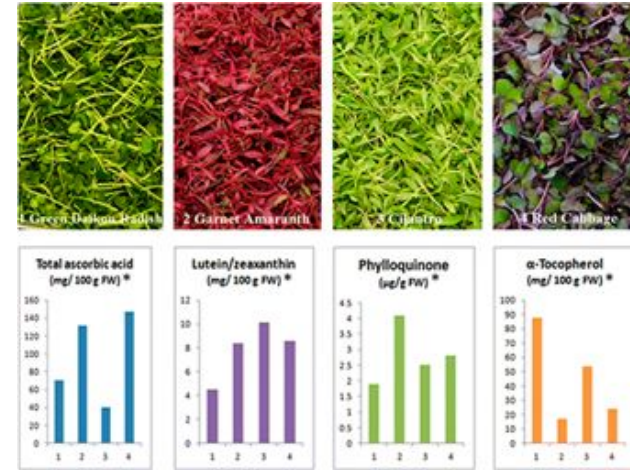
- Sprouts

- Aid digestion: sprouting food increases enzymes that make both carbohydrates and proteins digestible
    - Contain greater nutrient content than their full grown counterparts
    - Vitamin E, Vitamin K, Vitamin C, Folate, Fiber, Copper, etc.

- Microgreens

- Have higher nutritional densities than the mature leaves, in some cases, the microgreens contain 4-6 times more concentrated nutrients than the leaves of the mature plant
    - Vitamin E, Vitamin K, Vitamin C
    - Reduce the risk of obesity, heart disease, diabetes, and high blood pressure
    - Supports increased energy and longer life expectancy

- Why grow them on your own?



Journal of Agricultural and Food Chemistry (2012)

# Additional benefits

- Economic:
  - Nutritious but expensive to buy in stores
  - Save money on grocery bills
  - Entrepreneurial opportunity!
- Environmental:
  - Eating more plants is better for the environment
  - Growing sprouts and microgreens doesn't take any energy or resources on the individual level
  - No need to apply environmentally harmful pesticides
  - Diversifies the current food system and minimizes environmental impacts



# Growing Sprouts: Materials

- Container:
  - Wide mouth mason jar with a sprouting lid, cheesecloth, or mesh to cover the top
  - Sprouting trays
- Seeds:
  - Raw seeds that have not been chemically treated
  - Avoid bulk bins for sprouting seeds
  - Alfalfa, Broccoli, Mung Bean



Metal



Plastic



Sprouting Trays

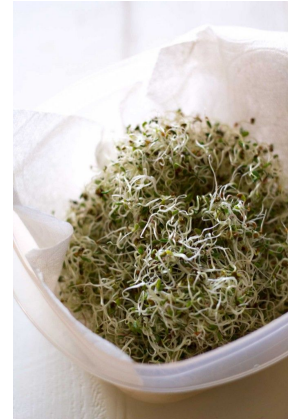


Cheesecloth



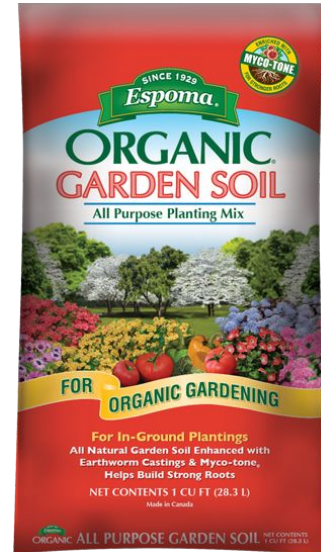


# Growing Sprouts: Procedure



# Growing Microgreens: Materials

- Shallow Tray
- Soil
- Sunny spot in a south-facing window or an optional grow light
- Seeds:
  - Lettuce, Kale, Arugula, Beet, Radish





# Growing Microgreens: Procedure





# Questions?

