



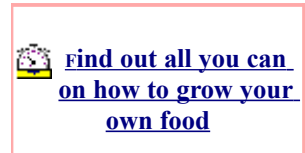
Growing Sprouts

Growing Sprouts For Your Health

Deep inside a seed, there is hidden a blueprint, a genetic package sleeping, waiting to awaken. As water is introduced, enzyme inhibitors are disabled and the seed explodes to life. Germination unfolds, and enzymes trigger elaborate biochemical changes. Proteins break into amino acids. Water-soluble vitamins such as B complex and vitamin C are created. Fats and carbohydrates are converted into simple sugars. Then the seed expends all its energy to break through the soil. Weight increases as the seed absorbs water and minerals.

Through the miracle of germination, thiamin increases five-fold and niacin content doubles. Vitamin C, E and carotene increase. In fact, the vitamin C content becomes as rich as tomatoes. Sprouting is accompanied by an intense enzymatic hydrolysis of protein. Stored proteins are broken down into component amino acids. Because the protein is predigested, sprouts are more easily assimilated and less gas-forming than dried beans. Digestibility is vastly improved.

In 1940, the United States Army sponsored a full investigation on sprouted seeds, studying their usability as food during war. During World War 1, the British Army sprouted beans to ward off scurvy in the trenches. When building the trenches, they calculated the sprouting area needed to feed a battalion.



There is nothing like fresh bean sprouts in a salad. Sprouts can be cooked quickly with a dab of Soya sauce and a dash of fresh flax oil to make a delicious meal. Sprouts make a pleasant addition to soup as long as they are added a few minutes before turning off the heat. Just about any seed or bean can be sprouted for eating, and is great fun for the kids.

Make sure when you use seeds or beans for sprouting they are good-quality. Health food stores will have an abundance of beans and seeds for sprouting. If you find a problem in sprouting your beans and seeds, they are probably too old. Some beans available in stores have been treated with inhibitors to stop the sprouting process. Do not use seeds that are packaged for gardens because they may be treated.

Here are some examples of the most popular beans and seeds for sprouting.

WHAT CAN I SPROUT?

ALFALFA

This has only recently been discovered to be excellent for sprouting. Alfalfa comes from North Africa where it is used as a crop for animals and green manure. Some believe alfalfa sprouts to be the most nutritious food in the world. They are high in protein, chlorophyll, calcium, potassium, vitamin A, and vitamin K. When the root is 1½ inches long, it will begin to develop tiny green leaves. At this stage it

needs to be eaten immediately so the plant will not switch to photosynthesis that exhausts the stored food in the seed. Raw alfalfa is delicious in stuffing pitas, nori sheets or sandwiches, using an avocado dressing. It would seem a grievous act to cook these delicate threads of life.

BARLEY

Barley converts the largest amount of starch to sugar which is why it is widely used in producing beer. It has therefore been studied more thoroughly than any other seed. Again as with many grains, the roots should be no longer than the seed size itself.

CHICKPEAS

Commonly known as garbanzo beans. Primarily a pulse crop grown in India. The sprout is tender and delicious and is ready to eat when the root is between 1 1/2 and 2 inches long. Cooking requires only 5 minutes.

CORN

Finding corn for sprouting is a real trick because the germ is rarely intact because of how the kernels are removed from the cob. The root should be allowed to grow for only 1 inch in length. Cooking time is approximately 8 minutes.

FENUGREEK

This legume is still used in medicine, food and teas. It is a spicy seed that is excellent for making curry. Use when the sprout has grown to 1 1/2 inches long. Fenugreek is often sold where the seeds are broken for making fenugreek tea. Make sure you buy whole fenugreek seed.

LENTILS

When lentils are sprouted, they become sweeter with a delicate flavor. They need only 5 minutes of cooking compared to 30 minutes for dried lentils. But we love them raw! Lentil sprouts are ready to be eaten when the root is 1 inch long.

MUNG BEANS

These are the easiest to sprout for beginners. Mung bean sprouts are common in Chinese restaurants and grocery stores. They have a delightful fresh raw flavor. When the bright white root grows from 1 1/2 to 2 inches long, they are ready to eat. Cook no more than 3 minutes.

PEAS

Sprouting peas increase their sugar content, giving pea sprouts a sweet vegetable flavor. Wrinkled or smooth varieties work equally well. When root is 2 inches long, they are ready to eat raw, or need only 5 minutes for cooking.

SOYA BEANS

These are the most nutritious of all sprouts and are commonly used in China. The small soy bean that is

yellow in color is excellent for sprouting. Soya beans are considered fairly difficult for the inexperienced sportiest because they are prone to fermentation, especially during the warm weather. To overcome this problem, rinse sprouts often and remove discolored and unspouted seeds. They are ready to eat when the root is 2 inches long. Soya bean sprouts require approximately 10 minutes for cooking. These sprouts are higher in protein than any other bean.

SPROUTED BREAD

This delicious cake-like bread has been enjoyed for thousands of years. Sprouting grains and baking at low temperatures allows the wheat to be less mucus-forming and more digestible. This is a better quality bread because it is closer to a living food. Sprouted bread can be bought at your local health food store.

VARIOUS LEGUMES

Other legumes that can be sprouted successfully are lima, marrow, pinto, kidney, harlot, navy, adzuki and broad beans. You can also sprout black-eyed, cow gram, pigeon and red gram peas. Some of these may be difficult to find but are fast becoming more available.

WHEAT

A light delicious flavor resembling fresh, picked corn. The sprouts should not be longer than inch or less. Grain sprouts grow faster than legumes and refrigerating them does not seem to slow them down. Do not confuse wheat grass and wheat sprouts. As wheat sprouts become wheat grass, they take on completely different nutritional properties. Wheat sprouts cook within 8 minutes or less. Wheat can be bought in health food stores.

TOOLS AND TECHNIQUES FOR SPROUTING

Most people do not attempt to grow sprouts because they think it is too complicated. Yet we have very little to do with the process. The key is to keep them moist and rinse them a few times per day, and then simply stand back and watch.

You are going to need a big jar with a perforated lid. You can use an elastic band with cheesecloth to replace the metal lid. A cheesecloth cover rinses easily. Remove any broken or damaged seeds before you begin to sprout. These seeds can rot and cause sprouts to have an unpleasant smell. Damaged seeds are much easier to remove at this stage than trying to maneuver through the delicate roots that are forming during the sprouting process.

Keep in mind that sprouting increases the seed volume 6 to 8 times. Four tablespoons will be sufficient for a quart-sized container. Soak the seeds or legumes according to the time given in the chart provided.

Rinse seeds well and place inside the jar. Twice a day rinse the seeds delicately so as not to break the little shoots. Broken shoots will begin to rot or go moldy, causing an unpleasant smell. You may find a pungent smell to your sprouts. This is caused by byproducts being produced by the growing sprouts. Sprouts should be moist, but keeping them immersed in water will cause them to rot. Rinsing twice a day ensures that they will not dry out and die. As sprouts begin to develop, lightly shake to remove

excess water.

Sprouts do not have to grow in darkness as they would in soil. Some introduce sunlight during the latter period of sprouting, allowing the sprouts to produce chlorophyll and vitamin C. This will compromise vitamin B2, a fair trade for chlorophyll. When sprouts have grown to size, they can be kept in a refrigerator, but will continue to grow.

HOW TO GROW THEM

If you're new to eating sprouts, don't make too much at first. Once you get the hang of it, you can start another jar three days after you start the first jar. The next jars will be ready after you finish eating the first batch.

The most important point: when you strain seeds, make sure that they're really strained. Sprouting is remarkable; all you need are the seeds and water. But add too much water and the seeds may rot. Nevertheless, it's pretty difficult to make the seeds rot, as long as you follow the steps carefully.

Choose and Measure

Here are the best choices of each type of sprout source.

- Best seeds: alfalfa, clover.
- Best beans: mung, lentil, garbanzo.
- Best nuts: almonds, filberts (hazelnuts).
- Best grains: wheat berries, rye.

The next list indicates what amount of sprout source is appropriate.

- small seeds: 2-3 tablespoons (30-45 ml).
- medium seeds: 1/4-1/2 cup (65-125 grams).
- large beans and grains: 1 cup (250 g).
- sunflower seeds: 2 cups (500 g).

Soak the Seeds

Soak Overnight



As noted, a large variety of seeds, beans, nuts, and grains can be sprouted. For the sake of simplicity, this tutorial will explain alfalfa sprouting, and will provide additional information for other sprouting as necessary.

-
-
- **Measure:** Before you go to bed one night, measure the correct amount of seeds--in

this case, 2-3 tablespoons (30-45 ml) of alfalfa sprouts.

- Any time you cook with seeds or beans, it's a good practice to inspect them before you go any further. Take the portion of seeds or beans, and pour them out onto a large plate, serving dish, or baking sheet. Push the seeds on one side of the dish, and inspect them for broken or withered seeds, and small stones or lumps of dirt. (If you have any kids, this a good time to bring them into the act.) After they're sorted, pour them into a strainer and give them a good rinse.
- **Pour** the rinsed seeds into the jar. (If you're sprouting large beans, grains, or nuts, use a large bowl.)
- **Cover** them with adequate water--a few inches (6-8 cm) above the level of the seeds. Let the seeds soak overnight. Medium-sized seeds should be soaked 8-12 hours, and large beans and nuts can soak for 12-24 hours.
- **Note:** Water, water everywhere...but it's not always fit to drink. Or for that matter, grow sprouts with. Many municipal water supplies around the world have been contaminated by industrial and agricultural pollutants. If you soak the seeds in that water, your sprouts may absorb those pollutants and pass them on to you. Eating sprouts made in contaminated water may have an adverse health affect over time, so consider using filtered or spring water for sprouting.

Strain

Next morning, cover the mouth of the jar with cheesecloth, and fasten with the rubber band. Turn over the jar in the sink. The cheesecloth acts as a strainer, holding in the seeds and letting out the water. If you're using the bowl method, use the strainer to strain out the soaking water and rinse the seeds.

Note: Some people save this soaking water. It contains valuable nutrients that you can mix into a health shake with other ingredients like fruit and yogurt. Or use it for your houseplants--they'll be very grateful.



- **Shake** the jar (or strainer) a few times to remove all of the water from last night's soak.
- **Rinse:** Fill up with water, and again drain out the water, ending with a few hearty shakes. Hold the jar up to the light; the seeds should be mostly dry. If there's too much water left in the jar, the seeds may rot over the next few days. But if you're even slightly careful to drain the seeds, that probably won't happen.
- **To ensure complete drainage**, some folks store the jar upside-down in a glass baking dish or plastic tub. Rest the jar on the side of the dish, or up against the wall--any excess water drains out, without any more attention from you.
- **Repeat:** On the evening of the same day, you'll repeat the rinsing process. You'll continue this morning and evening rinsing for 4 or 5 days (in warm climates, figure a day or two less than that). If



you're feeling particularly keen on sprouting, you can rinse it a third time at noon.

- **Watch for the growth:** you'll see green leaves sprouting on seeds, and white shoots on beans, nuts, and grains.

- **Harvest:**

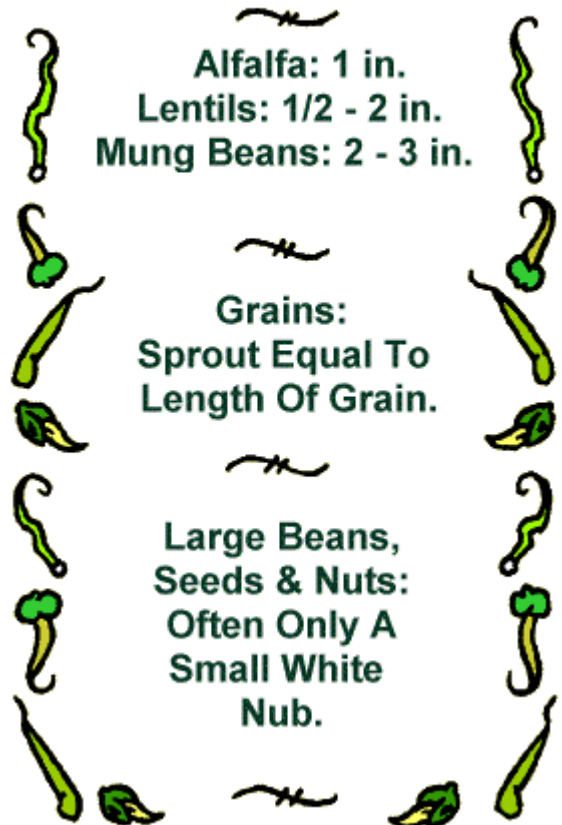
After four or five days, the sprouts will reach their peak of flavor and nutritional value. Give them a final rinse; drain with a hearty shake. Now they're ready to be prepared and devoured by the hungry masses.

So many uses! Your biggest problem with sprouting is choosing among these alternatives.

- Add to salads and sandwiches, and as a garnish on soups.
- Puree seeds and beans to make a fantastic sandwich spread or vegetable dip. For flavors, try adding tahini, lemon, and garlic for a middle Eastern flair; or fresh tomato and basil for a Mediterranean touch.
- Cook bean sprouts: lightly stir-fry them with other vegetables, or add to other recipes like vegetable burgers. Also very good when steamed with shredded carrot and cabbage.
- Sprouted grains are a bit trickier to use. They're often ground up and baked at low temperatures (220 degrees F/90 degrees C) to make bread, or added to recipes like vegetable burgers and casserole

Harvest Time!

Recommended Lengths:



<http://www.thefarm.org/charities/i4at/lib2/sprouts.htm>

Growing your own sprouts for health and self-sufficiency

February 16, 2009

Let us proceed from "[hair growing](#)" to "sprouts growing". Does this website have something for everyone or what?

Sprouts are one of the most complete and nutritional of all foods that exist. Sprouts are rich with vitamins, minerals, proteins, and [enzymes](#). Their nutritional value was discovered by the Chinese thousands of years ago. Over the past several years, in the U.S., numerous scientific studies have shown the importance of sprouts in a healthy diet.



Have you ever heard of a vegetable which continues to gain vitamins after you harvest it? Sprouts do this. Sprouts are LIVING foods. Even after you harvest your sprouts and refrigerate them, they will continue to grow slowly and their vitamin content will actually increase. Compare this with store-bought vegetables and fruits, which start losing their vitamin content as soon as they're picked and often have to be shipped a thousand miles or more in the winter.

Note: One thing you will find as you research health and nutrition is that everyone has an opinion. My advice is to:

- Do all the research you can.
- Find out what works FOR YOU.

Broccoli sprouts fight cancer

Researchers at Johns Hopkins University School of Medicine have discovered that 3-day old [broccoli](#) sprouts have exceptionally high amounts of a natural cancer-fighting compound. For many years, scientists have known that vegetables in the cabbage family benefit health. Recently, they've been successful in drilling down further to uncover those benefits, and the reasons why eating such foods can reduce the risk of disease. Dr. Paul Talalay and his colleagues, researching this question for over 20 years, showed that some varieties of vegetables such as [broccoli](#) contain high amounts of a substance called 'sulforaphane' which helped support antioxidants, such as [vitamins C](#) and

vitamin E.(1) This is another example of the synergy which we often find in nature.

Next, the researchers found when testing tender shoots of broccoli at the 3-day-old stage that they contained high amounts of a concentrated form of the cancer fighter, 20 to 50 times more than in mature broccoli. (2)



This is my current setup in my "sprouting room".

Playing Gandharva music to keep the sprouts happy may be a little crazy, but it is a **NON-PUNISHABLE OFFENSE! RIGHT ON!**

Why eat sprouts? There are many reasons. In addition to providing the highest amount of vitamins, minerals, proteins and enzymes of any food per unit of calorie, sprouts deliver them in a form which is easily assimilated and digested. In fact, sprouts improve the efficiency of digestion. Sprouts are also deliciously fresh and colourful.

With the current economic crisis, not to mention the fact that so much of our food supply is contaminated with pesticides and pollutants, it's nice to know you can grow your own sprouts in your home and become more self-sufficient.

Sprouting at home takes only a few moments a day and can produce a good portion of your daily requirements of the nutrients you need from fresh produce. The hassles are minor, the costs are low, and the freshness is wonderful. It is a very effective way to add raw foods to your diet. If you can supply a jar, some

screen or netting, and rinse the sprouts twice a day, you can grow delicious organic sprouts in 4 to 6 days, even less time depending on your setup.

Growing your own sprouts means having fresh organic vegetables every day from a square foot of counter space. Common seeds for sprouting include alfalfa, fenugreek, peas, lentils, radish and red clover. Mung beans have been sprouted in Asia for thousands of years, but they require more equipment and time than other seeds. Other seeds include [broccoli](#), cabbage, mustard seed, garbanzos, and quinoa.

Benefits of sprouting

Growing sprouts is economic. Seeds can multiply 8-15 times their weight. Depending on what you grow, you can get away with spending 25 cents for a pound of fresh sprouted indoor-grown organic greens.

Sprouts are nutritious. They are baby plants in their prime. They have a greater concentration of vitamins and minerals, proteins, [enzymes](#), phytochemicals, anti-oxidants, nitrosamines, trace minerals, bioflavonoids and chemo-protectants such as sulphoraphane and isoflavone which work against toxins, resist cell mutation and invigorate the body's [immune system](#) than at any other point in the plant's life even when compared with the mature vegetable.



Sprouts you grow yourself in your own home are organic. No [pesticides](#), fumigants or synthetic fertilizers. No chemicals.

Sprouts can be grown anytime anywhere . From Alaska to Florida, in January or June, enjoy LIVING food anytime, anywhere. I highly recommend the book "[The Sprouting Book](#)" by Ann Wigmore who was considered an authority on sprouting until she tragically died in a fire in 1993.

Growing your own sprouts in your home is easy and takes only a few minutes of care per day. Just add water. No special lights are required. 1 pound can grow in only 12 inches of space depending on how you are setup.

Sprouts are fresh, LIVING foods. No loss of nutrients sitting in warehouses or on grocery store's shelves.

Sprouts are easily digestible. Because they are baby plants, their delicate cell walls easily release elemental nutrients. Abundant [enzymes](#) make them easy to digest even for those with a weak digestion.

Growing sprouts offers you versatility. You can have more varieties of salad

greens than on the grocery store shelves. Including buckwheat lettuce, baby sunflower, golden alfalfa, Chinese cabbage, purple turnip, curly kale, daikon radish, crimson clover, and more. Your salads will come alive.

Growing your own sprouts in your home is ecologically sound. No airplanes, fuel or oil was consumed to deliver this food to you. No synthetic fertilizers or petroleum-based [pesticides](#).

In my opinion, one of the best sources of inexpensive kits to grow you own sprouts (as well as wheat grass and barley grass) is wheatgrasskits.com.

Sprouting and safety

There have been a few recent news stories regarding salmonella contamination in sprouts. These have been combined with warnings from the Food and Drug Administration that sprouts could be contaminated with food poisoning bacteria and advising the very old, the very young, and those with compromised immune systems to avoid raw sprouts.

Most people knowledgeable in sprouting feel that these stories were far overblown because it made interesting news - it's the original "health food might be bad for you" story.

What can you do to be extra safe in your sprouting?

Use certified organic seeds. Organic certification assures that seeds have been grown and handled in a manner which helps minimize possible sources of contamination. Manure used on organic fields, for example, must be composted for a long period of time. Composting has been shown to reduce or eliminate pathogens in manure. Organic farmers are also required to use rodent/bird proof storage for seeds destined for consumption. Organic sprouting seeds have NOT been implicated in any outbreak of food poisoning. My favorite source for certified organic sprouting seeds is [here](#) as well as wheatgrasskits.com.

Also refrigerate finished sprouts. Ideally you want to eat them right after you pick them. Those sprouts are still growing in your plate! Now that's "Fresh"! Happy sprouting!

Some information:

Put 1/8 Cup of seed into a bowl or sprouter.
Add 1/4 to 1/2 cups of cool (60-70°F) (16-21°C) water.
Stir seeds to assure even water contact for all.
Allow seeds to soak for 8-12 hours.
Drain and rinse.
Set anywhere out of direct sunlight and at room temperature (70°F) (21°C) is optimal between Rinses.
Drain and rinse every 12 hours.

Depending on how you like your sprouts, these can be used within 3 to 5 days.

Sprout Nutrition and Health Benefits

Do you know that sprouts have high levels of disease-preventing elements like phytochemicals?

Sprouts have better nutritional properties, too. Just take the case of broccoli sprouts, it is better than a full-grown broccoli because it contains more of the enzyme "**sulforaphane**" that helps protect cells and prevents their genes from turning into cancer.

Sprouts contain significant amounts of vitamins A, C, and D, and there's no cholesterol. Sprouts are widely recognized by nutrition-conscious consumers and health care professionals as a "wonder food".



Green Wheat Grass



Sunflower Sprouts

Alfalfa sprouts contain significant dietary sources of phytoestrogens—known to have preventive elements for cancer, heart diseases, menopausal symptoms, and osteoporosis.

Sunflower sprouts are rich in lecithin and vitamin D. Sunflower sprouts have the power to break fatty acids and lead to easy digestion.

Broccoli sprouts are known to have anti-cancer properties. Peppery flavor makes good taste for salad.

Clover sprouts are known as an anti-cancer herb. It have significant source of isoflavones.

Onion sprouts contain about 20% protein, and a very good source of vitamin A, C, and D.

Lentil sprouts contain 26% protein, and you can eat it raw without cooking.

Radish sprouts have four times more vitamin A and 29 times more vitamin C than milk. Can you believe that it has 10 times more calcium than potatoes and more vitamin C than pineapple? Radish sprout is the most popular variety among Japanese families.

Mung bean sprouts are good source of protein, fiber, vitamin C and A, and with low calories.

Soybean sprouts are a favorite of Japanese and are high in protein, fiber, vitamin C, and folate.

Sprouts, especially green leafy sprouts are great to eat for everyday living. With less expense, you can get vitamin A, B, C, fiber, protein, and enzymes that can aid digestion. In addition, sprouting destroys

the seed's natural preservative enzymes that inhibit digestion.

Various seeds can be sprouted in your kitchen or small rooms. It does not need sunshine or spaces.



Stackable Sprouts

Generally eaten raw: Alfalfa, radish, mung bean, sunflower, clover, cabbage.

Generally cooked: Kidney beans, Pinto and other miscellaneous beans.

Eaten raw or cooked: Lentils, Soybeans, green peas and wheat

Alfalfa: Alfalfa, one of the most popular sprouts, is a good source of vitamins A, B, C, D, E, F, and K and is rich in many minerals, as well as many enzymes needed for digestion.

Radish sprouts are high in vitamin C and potassium and have a rich flavor.

Wheat is high in Vitamins B, C, and E and has three times the vitamin E of dry wheat. Wheat also has many minerals.

Mung Beans: Mung bean sprouts are an excellent source of protein, vitamin C, A, and E, along with many minerals.

Green Pea sprouts are rich in many of the B vitamins and vitamin C. Green pea sprouts make a rich addition to any green salad.

Soybeans: An extremely rich source of protein and vitamins A, B, C and E. Soybeans are rich in minerals and lecithin

Lentils: Rich in protein, vitamin C and the B vitamins. They have a mild ground pepper flavor.

Buckwheat: Makes a great salad green. High in vitamins A, B, C and D.

Sunflower: Rich in vitamins B, D, and E, many minerals, and Linoleic Acid, the W6 EFA.

Brassica Sprouts: Cabbage, kale, broccoli, cauliflower, rutabaga, turnip, oilseed rape, and mustard are brassicas.

There is considerable interest in the use of broccoli and other brassica sprouts for health benefits. They contain sulforaphane. This compound acts as an anti-cancer agent by encouraging the body to attack dangerous chemicals that can cause malignancy. Although this substance had been identified in brassica vegetables themselves, it has now been shown to be 50% more concentrated in the sprouts. As this

information became widely known, the need for brassica sprouts expanded worldwide, especially in poor countries. Sprouts are counted as one of substitutes to help food shortages especially in drought countries.

Sprouting kits are now available anywhere in malls and supermarkets around the world.

Here are the most popular sprout seeds available in Asian countries:



Mung Beans



Black Beans



Soybeans

When these three beans are turned to sprouts, their nutritional values are as follows:

Per 100 grams

	Mung Beans	Black Beans	Soybeans
Energy	25 kcal	12 kcal	54 kcal
H2O	91.6 g	96.1 g	88.38 g
Protein	3.3 g	1.2 g	5.4 g
Carbohydrate	4.6 g	1.0 g	3.4 g
Ash	0.4 g	0.2 g	0.7 g
Calcium	17 mg	23 mg	33 mg
Iron	0.6 mg	0.6 mg	0.7 mg
Potassium	130 mg	11 mg	240 mg
Vitamin B1	0.08 mg	0.02 mg	0.13 mg
Vitamin B2	1.09 mg	1.02 mg	0.1 mg
Vitamin C	16 mg	2 mg	8 mg

Beans and grains are a way to get plenty of protein with low fat, high fiber, and no cholesterol. Sprouts such as alfalfa, mung bean, and bean mix, are beans that have been sprouted and are a wonderful option for various vegetarian meals. Grown anywhere locally all year round.

Medicinally and nutritionally, sprouts have a long history. It has been known that the ancient Chinese recognized and prescribed sprouts for curing many disorders over 4,500 years ago. Sprouts are also written in the Bible in the book of Daniel, too.

During World War II, considerable interest in sprouts sparked in the United States as well as other Asian countries.

It is a vegetable that will grow in any climate all year round; will mature in 4 – 7 days; will surpass tomatoes in vitamin C; and has nutritive value equivalent to meat.

Now, you understand that sprouts are friendly foods for digestive systems and a very reasonable diet food. Vitamin C, protein, calcium, potassium, iron, and fiber are in it, and it is good for preventing constipation, obesity, diabetes, and hardening of the arteries. Also, vitamin B2 in the sprouts accelerates

the replacement of cells.

Let us plant sprouts and eat them all.

About the Author:

Junji Takano is a Japanese health researcher involved in investigating the cause of many dreadful diseases. In 1968, he invented PYRO-ENERGEN, the first electrostatic therapy device for electromedicine that effectively eradicates viral diseases, cancer, and diseases of unknown cause.

Click here to find out more: <http://www.pyroenergen.com/about.htm>

Free health newsletter: <http://www.pyroenergen.com/newsletter.htm>

<http://www.pyroenergen.com/articles07/sprouts-health-benefits.htm>

Where to get them:

***WheatgrassKits.com's* mission is to provide you with Nature's most perfect living foods.**

Our fresh products include wheat grass, barley grass, sprouts, and fresh cooking herbs.

Our goal is to give you nature's full range of nutrients from delicious living food.

WheatgrassKits.com

64 West 600 North Suite #10

Springville, Utah 84663

Phone: 801-491-8700

Fax: 801-491-8728

webmaster@wheatgrasskits.com

support@wheatgrasskits.com

admin@wheatgrasskits.com

<http://www.wheatgrasskits.com/company.htm>

Ebay

http://shop.ebay.ca/?_from=R40&_trksid=p3907.m38.11313&_nkw=organic+sprout+seeds&_sacat=Seed-All-Categories