

# SPROUTING A SANDWICH

Some seeds grow very quickly and easily and can actually be eaten! Try making a sprout jar and growing different seeds to find out which are the tastiest and how well they grow. Select from the follow seeds: lentils, fenugreek, alfalfa, chickpeas, broccoli, cabbage, and pea, most of these seeds you can purchase at a health food store. Rinse the seeds thoroughly in a strainer and drain. Put 1 to 3 tablespoons of seeds into a widemouth jar and cover it with a mesh like cheesecloth or tulle and secure with the jar ring or a rubber band. Add 1 cup of cool water and let the seeds soak overnight. The next day, drain the water, rinse the seeds and lay the jar on its side. Rinse the seeds 2-3 times a day and place out of direct sunlight. You may enjoy the sprouts in 3 to 5 days when they 2-4 cm. Cover the jar with a lid or plastic wrap and keep in the refrigerator. Put them on a salad, sandwich or just eat from the jar. It is very important to rinse the sprouts as they are growing, keep a close watch to make sure mold doesn't develop. If mold grows because they like light, warm temps and moisture, throw the seeds away and try again!



