



Stonebridge

LIVING FOODS NUTRITION

DIPLOMA COURSE

Sample Pages

SPROUTING MORE COMPLICATED PRODUCE AND RECIPES

Sprouting a seed is to allow nature to convert it into the perfect food. Not a single man-made process can match the manner in which the plant enzymes effortlessly change all the inert proteins, starches and fats into amino acids, simple sugars and essential fatty acids. Truly one of nature's miracles and easily available for all of us to use.

Though most dried pulses, nuts, grains and seeds are really easy to sprout, as per lesson one, there are a few that require a little more specialised care and attention.

One of these is buckwheat – actually a member of the rhubarb family. The buckwheat groats require a minimum of soaking – I have found most do well with just twenty minutes – certainly no more than fifty minutes, as they take up water very readily. Subjected to more soaking time than this amount will likely prevent them from sprouting and being useful to eat. They also require far more rinsing than other sproutable produce – say about every four hours – until a tiny growth is obvious. These will be ready to eat after approximately eight to twelve hours from final rinsing. Another usage is to allow buckwheat to grow into 'buckwheat lettuce' – further information in next lesson. This can be effected either by sowing in organic soil, or by growing hydroponically – i.e. in water.

Sunflower greens: These need to be from the seeds complete with husks, sometimes jet black, sometimes black and white striped 'parrot-type' seeds. These can be grown to around four to six inches tall – notably a 'fat' stalk with a thick double 'seed-leaf' atop. Excellent to eat with buckwheat 'lettuce'. Again, these can be grown in an organic medium, or hydroponically.

Wheat – usually used to produce wheatgrass juice – after initial soaking at around twelve hours, this can then be transferred into seed trays containing organic soil – or indeed grown hydroponically. Whichever method is chosen, wheat for processing into juice requires around eight days of growth – the last few being in good light – before close cutting to root and juicing.

Nuts and seeds:

Most (edible) raw seeds and nuts can be soaked and/or sprouted. In fact, soaking and/or sprouting usually improves the flavour and makes the seed/nut more digestible as well. Good seeds and nuts to sprout include: sesame seeds (unhulled only, white or black), sunflower seeds (hulled), almond. Nuts that can be soaked include pecans, walnuts, filberts, almonds, pecans, etc. Soaking of nuts removes some of the tannins present in their skins. These technically do not 'sprout' as in the fact that little emanates from them by way of a root or a shoot. However, needing short soaking – just a few hours – and just a few hours of 'sprouting', they are not difficult to utilise into daily eating plans.

Quinoa: Though harvested like a grain, this is botanically a seed, with a very high nutrient value. It can be used 'just sprouted' – virtual soaking overnight will usually produce a tiny growth, or it can be left to grow on, more like conventional 'cress' and used as a salad ingredient. A little more care in rinsing is required, but well worth the effort.

Linseed sprouts: These can be very high in oxalic acid (which binds calcium) and because of that, they have an extremely bitter taste. If that wasn't discouragement enough, they are also mucilaginous, which makes them hard to manage for most home sprouting equipment. . Also, one of the main benefits of flax, its soft fibre, which is great for soothing and cleansing the intestinal wall, disappears during germination. Using these, either cracked mixed with other ingredients into a dressing, or just briefly soaked, is my preferred method of using them.

Sesame seeds: Basically these just require eight to twelve hours of soaking, changing the soak-water a couple of times, then thoroughly rinsing and they are ready to go.

Hulled sunflower seeds: After several hours soaking, thoroughly rinse and drain – allow to sprout for around 15 hours, rinsing thoroughly – the same applies to green pumpkin seeds.

Raw foods are easily digested, requiring only 24-36 hours for transit time through the digestive tract, as compared to 40-100 hours for cooked foods. This increases the threat of putrefaction and disease. When you eat cooked carbohydrates, proteins and fats, you are eating numerous mutagenic (carcinogenic) products caused by cooking.

Recipes: Mostly these are entirely comprised of living foods, but they can also be added to small amounts of cooked foods to improve nutrient uptake and digestibility.

A century ago, plant chlorophyll was researched and identified as a natural powerhouse of healing. Scientific analysis explained the effectiveness of folk remedies using grasses for external as well as internal benefits; much more about cereal grasses in next lesson. Wheat grass in particular can be crushed to make an antiseptic poultice for cuts, burns, rashes and insect bites. When juiced the extract can be used as a skin food – nutrients will be absorbed into the blood stream – and it is excellent as a hair conditioner, it mends damaged hair and soothes itchy scalps. Some of those ‘old wives’ were pretty smart!

However, since chlorophyll in its extracted form is highly unstable, commercial and technological pressures after World War two favoured the use of faster-acting antibiotics and chemical antiseptics which could be patented and mass produced. Culturally, the tide was turning against self-help and home-grown remedies and the natural food movement itself regenerated – against all odds.

Sprouting easily satisfies the needs of the twenty-first century sustainability – it’s cheap, it’s fast and it doesn’t take up much space and, hey, it’s even FUN! – on top of even being SO completely good for you! Here are some tips to get you started!

Overnight – soak almonds, hazels, sunflower seeds, etc. This is sufficient to improve digestibility and flavour; add them to salads or to cooked rice.

Twenty-four hours – keep the water from your first soaking of wheat grain. This now contains enzymes which can be used in place of an acidophilus supplement to help create healthy intestinal flora. Using two cups of grain to one litre of water, the liquid, known as rejuvelac, can be sipped as needed throughout the day.

Three to five days – Following a simple soaking and rinsing system, alfalfa seeds, lentils and beans will produce succulent shoots, providing a little salad patch in the tiniest corner of your own kitchen. In a jar with a muslin or mesh cover, simply soak a handful overnight, drain off the water (which you can re-use for watering your plants – with excellent effect!) and leave to sprout. After another twelve hours rinse and drain the seeds. Repeat this until the sprouts start to form little green leaves – there’s your chlorophyll!

Beverages

Almond milk – half a cup of almond sprouts (one day), half a cup of pine nuts, soaked six hours, four cups of spring/filtered/distilled water. Place almonds, pine nuts and water in blender and blend on high speed for two minutes, strain out pulp.

Carob milk – Four cups of almond or wheat milk, half-cup of pitted dates, soaked. two tablespoons of carob powder. Blend for two minutes at high speed.

Sesame milkshake – One cup sesame sprouts (one day), four cups water, as above, one medium banana, one tablespoon of maple syrup. Blend sesame sprouts with water at high speed for three minutes. Strain through a fine wire mesh strainer to remove pulp and return liquid to blender, add banana and syrup, blend for two minutes and serve chilled.

Wheat milk – One cup of wheat sprouts (two days), four to six cups of above-mentioned water, half-cup of soaked raisins. Blend for two minutes, then strain, then re-blend with raisins, re-strain, if desired.

Carrot-sprout juice – Six medium carrots cut into chunks, two cups alfalfa sprouts, one cup buckwheat greens, one cup mung sprouts, juice all ingredients, serve immediately.

Green drink – two cups of alfalfa sprouts, two cups of buckwheat greens and sunflower greens, half a cup of mung sprouts, one medium carrot, cut into chunks, one celery stalk, half a medium cucumber, parsley springs to taste, juice all – drink immediately.

Pine-alfa juice – half a pineapple, one and a half cups of alfalfa sprouts, one sprig of mint, peel pineapple and juice, blend with other ingredients for one minute and serve chilled.

Smoothies

Blueberry Smoothie – Four cups of almond milk, one cup of blueberries, one medium banana, blend and serve chilled.

Carob-coconut smoothie – Four tablespoons of sesame sprouts (one day), two and a half cups coconut milk, two tablespoons of carob powder, one tablespoon of raw honey. Blend and serve chilled.

Peaches and cream – Two cups of sesame milk, one peach, pitted and quartered, one tablespoon of vanilla. Blend for two minutes, serve chilled.

Breakfast dishes

Nutty cereal – one cup sunflower sprouts (two days), one cup almond sprouts (two days) half cup of soaked raisins, two cups organic yoghurt, add chopped fresh fruit to taste.

Pine nut crunch – One cup wheat sprouts (two to three days), half cup of sesame sprouts (one day), half cup rye sprouts (two days), one cup pine nuts, soaked six hours, one medium banana sliced. Mix in bowl and serve with almond milk.

Basic Bread

Four to six cups wheat/and/or rye sprouts (one day), one teaspoon caraway seeds. Blend sprouts in food processor with a little water add caraway. Press resulting dough into a small flat wafer-like ‘loaf’. Place on oiled cookie sheet or on a dryer rack and place in dehydrator or a warm oven, set at 105F. (note: This is a very cool temperature) This will take from twelve to twenty hours to become crisp.

Banana grain crisps – three cups wheat sprouts (one day) two and a half cups of water, one large banana, half teaspoon cinnamon. Blend sprouted grain with water to obtain a smooth batter and add banana and cinnamon. ‘Cook’ as above. Try adding half a cup of soaked raisins, or other liked dried fruit – soak first to hydrate – with or without banana.

Pizza bread – Four cups wheat sprouts (one day). Process with a little water and small amounts of peppers black olives, onion, garlic tomato and Italian seasoning, shape dough into ‘pita-bread’ shapes, dry as above, chop some of all these ingredients up and sprinkle over ‘breads’ when ‘cooked’ – re dry the topping by replacing finished product in dehydrator for a further few hours, if desired.

Soups

Carrot soup – raw! Six medium carrots, half a beet, half med cucumber, half-cup alfalfa sprouts. Juice the carrots and beet. Blend with cucumber and sprouts for two minutes.

Cream of cauliflower soup – one and a half cups of cauliflower florets, one cup lentil sprouts (three days) one cup pine nuts, soaked six hours, one parsley sprig, half teaspoon cumin, two to three cups water. Blend until smooth thick consistency is achieved.

Gazpacho – Three medium tomatoes, two cups water, one cup alfalfa sprouts, half a med cucumber, two celery stalks, small onion, half garlic clove, sprig of parsley, quarter teaspoon Italian seasoning mix, four tablespoons of lemon juice, pinch of cayenne pepper. Blend all.