

Portraits of My Sprouts Favorites, Part 2

Portraits of My Favorite Sprouts

By Sabine Alex



Now to discuss my favorite sprouts. Here I put together a selection that I mainly eat. With this I also cover various nutrient, vitamin and protein requirements. Again, and again, I also take other sprouts or seedlings and just test something for fun. Some things fit into my life, in my kitchen, in my menu - some things are just a nice experiment and are then discarded. The choice you can buy or order on

the Internet these days is huge. There is something for every taste.

My personal selection:- Pea green in the growing bowl (or sunflower green)- Alfalfa sprouts in germ glass- Radish sprouts in the sprout tower - sweet lupins in the germ glass- sprouts-broccoli- buckwheat seedlings in germ glass.

Superfood pea green

The delicious pea green herb - also known as pea asparagus sprouts - can be pulled in the kitchen, on the balcony or in the garden. It thrives well even at lower temperatures. It contains important chlorophyll and is easily digestible. It also contains vitamins, various minerals, amino acids and carbohydrates. The taste is nutty-sweet and reminiscent of green peas. Pea green fits well into salads or on bread or can be steamed. But you can also put it in the smoothie or in the juicer. Pea green you can harvest fresh again and again for a long time. The great thing is that it keeps growing. The pea germinates further from the ground, if one leaves about 1.5 cm when cutting off the green. The best way to use green peas (*Pisum sativum*). You can buy them cheaply in organic quality at your local supermarket or specialty shop. Brown mountain peas should probably also work well. Most of the time, the purchased peas are still well germinal. You still need a simple germs and growing soil. There will then be some spoons of peas. Peas washed and soaked in plenty of water for 12 hours. Then let the peas germinate in the germ smine or in the germ glass for 3 days. If possible, during the germination process, cause darkness through a cloth or similar, as the peas are dark germs. Then spread the pea seedlings in the growing bowl on the ground and cover something with soil. They can be laid relatively tightly. I've seen that you can also pull the peas on coconut mats. But for this they must be covered in the same way, e.g. with newsprint or paper. Now let the pea shoots grow near the window for at least 8-12 days - the light provides the production of chlorophyll. And you already have delicious fresh pea green salad.

Sunflower green

To draw sunflower green, you can do something similar. The cores must be soaked for about 6 hours and can be cut off after about 8-12 days. Unfortunately, they do not grow after that. They taste nutty aromatic and have thick crisp stems. Somehow a fun taste experience, if you eat such a little sunflower, I find. Sunflower green contains a lot of **protein**, minerals, and vitamins. Black cores should probably taste better than striped ones.

Alfalfa sprouts from small "miracle seed"

Alfalfa - sprouts should not be missing on the daily menu. Alfalfa is one of the most popular sprouts and the most popular green herb. They are very uncomplicated to germinate and not only taste mild and nutty, they also have various healing effects: they detoxify, strengthen the immune system and have an anti-inflammatory effect. It is always exciting how to draw from the small quantities of seed, such a large number of sprouts. Alfalfa belongs to the plant family of pods and is a light germ. Since these sprouts contain a food protection against animals, **they should be consumed only after 7 days germination time**, then this harmful substance is broken down. They should be soaked for 6-8 hours and then rinsed with water in the morning and evening in the germ glass. A germ glass is just as suitable as a sprout tower, I think. The Alfalfa rungs are versatile. They fit well in salads, muesli or wrap fillings and can also be used for green smoothies. After a few days you can put them on the windowsill to stimulate the formation of chlorophyll.

Radishes sprouts, the hearty delicious delicacies

These great sprouts are true immune boosters. Radishes sprouts are the spicy-fresh anti-cold and co. They are also good against mucous and good for the digestive organs. They contain a lot of magnesium and have a high vitamin C content. In addition, they are also small protein bombs with 30% protein content. They have a slight sharpness and fit well on salads, breads or as a topping over a warm meal. Radishes sprouts are soaked for 6-12 hours. A tower is suitable for sprouts, where they should be watered twice a day. After about 3-5 days you can already harvest germ sprouts, after 6-14 days the green sprouts (microgreen) are ready for consumption. I like to take "Radies Rambo - Raphanus sativus". These will be spicy crimson sprouts. Just looks great on any snack.

Sweet lupins, the great protein supplier

to growers, have managed to grow an alkaloid-poor lupine called sweet lupine. There are yellow-flowered, blue-flowered and white-flowered sweet lupins. The lupins such as peas and beans belong to the legumes (leg-breeders). The name sweet lupine has nothing to do with a sweet taste but means that they have hardly any bitter substances left. They contain all the essential amino acids, including lysine and tryptophan, which are present in cereals with very little. The sweet lupine consists of monounsaturated and polyunsaturated fatty acids. They contain up to 48% protein, many fibers, vitamins, minerals and trace elements, abundant phytochemicals such as isoflavonoid, which has antioxidant and antimicrobial effects. Soak the sweet lupin seeds for about 12 hours with 6 times the amount of water and then put them in a germ glass and let them

germinate for at least 2-3 days and rinse thoroughly in the morning and evening. Then the germs quickly show up and after a short time they are ready for consumption. However, the shell must be carefully removed for this purpose. Sweet lupins are suitable for a low-carbohydrate diet as they contain very little carbohydrates. I like to take the somewhat square white sweet lupins, e.g. and sprinkle 5-7 seedlings into the muesli, some I eat or place them in a salad.

Sprout broccoli, super-food and immune booster

broccoli sprouts are mainly known for the ingredient "sulphoran", which is said to prevent cancer. Sulforaphane is present in all cabbage species, but to a particularly high degree in broccoli sprouts. It has a strong antioxidant and detoxifying effect. A handful of sprouts contains as many antioxidants as 1.5 kg of vegetable broccoli. This superweed shines with abundant vitamins, nutrients, especially vitamins B, C and A. The taste is rather mild and somewhat spicy. "Brokkoletti" by "Kraftmischer" [[German brand ~ but you may find something similar](#)] is a seed in organic quality, especially suitable for sprouts and microgreens. Their germination time is 3-5 days. Suitable are floor germs, germs and rungs glass. Rinse seeds with water, soaking is not required. The sprouts can also be pulled on hemp mats as microgreens. For this, they must then be moistened 2 times a day with a flower sprayer. The rungs can stand brightly, but not in the sun. Water 2-3 times a day. The finished sprouts can again be integrated very variable into the diet: from topping on a bread, mixed into the salad or smoothie or pressed as juice.

Buckwheat sprouts, the muesli base

buckwheat are a gluten-free alternative to other cereal sprouts. It tastes mildly nutty and can basically be eaten right after the soaking time. Soak the germ sprouts in the glass for at least a half hour to 4 hours and then rinse 3-4 times a day, as buckwheat is very slimy. After 1-2 days, the germ sprouts can be seen, and the germ sprouts can be eaten. The sprouts contain many vitamins and minerals, all essential amino acids as well as phytochemicals such as the flavinoid rutin. I like to use buckwheat germs as a basis for a muesli. They are full and taste good. I think it's an ideal "cereal" for the morning cereal. You can also bake a bread with germinated buckwheat or dry it in the oven and grind it into flour. I know from some preppers that they store 10 kilo bags of buckwheat, because they have a well-tolerated and extremely healthy food at their disposal in a simple way. I use various buckwheat seeds so look for recommendations at your local organic specialty shops or "Aldi-bio" - so far it has always worked well with germination.

This was now a small selection of many great possibilities from super delicious to extremely healthy. Rukola, radish, lentil, chia, flaxseed sprouts are also alternately on my menu. However, the focus was on the prepper aspect or the benefits for emergency care and for preparation reasons the body already got used to this great food source. I hope you are as excited as I am and discover your personal selection of sprouts.

Enjoy Discovering Sprouts, *Sabine*

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