



“Having better and not needing than needing and not having”

Enjoy this article on ‘nutritional’ preparation by Sabine for the uncertain times in which we live.

Please note, this article has been transcribed from [German to English](#), so there may be a few nuances.

I don't know about you. I can no longer classify what's going on “out there”. There are many conflicting reports in the media about the virus. You experience hamster purchases as well as ridicule for people who want to make provisions. Apart from the current situation, I still think it is

important to be prepared. There are indeed many reasons for this - not just the corona virus and its consequences.

After the BKK - Federal Office for Civil Protection and Disaster Relief ... information can be seen online that a cookbook is being planned for emergencies or crisis situations. So, here is the previously announced list of sprouts apart from the standard things this organization recommended etc.

I have put together a few things below that take up little space and are very healthy and nutritious at the same time.

In the last year I have already dealt with the handling of sprouts and microgreen in two articles. [Note: we are going to try to make these articles available in English]. The best thing to do is read it there (further in the blog). Here are a few excerpts:

... I know from some Preppers that they store 10 kg sacks of buckwheat, because they can quickly and easily obtain a well-tolerated and extremely healthy food. I use various buckwheat seeds from "Aldi-bio" - so far it has always worked well with germination.

... You can grow the delicious pea green herb - also known as pea asparagus sprouts - in the kitchen, on the balcony or in the garden. It thrives well even at lower temperatures. It contains important chlorophyll and is easy to digest. It also contains vitamins, various minerals, amino acids and carbohydrates. The taste is nutty-sweet and reminiscent of green peas. Pea green fits well in salads or on bread or can be steamed ...

... The little green stuff is ideal for crisis preparedness, because it lasts for a long time, has a small volume and later shows up as a great supplier for vitamins, minerals, proteins etc. after a few days - depending on the variety. In the event of a supply shortage of fresh vegetables, you would have, in addition to preserved foods, e.g. - Also, something fresh and rich in vitamins and nutrients as a reserve. Seedlings and sprouts can also be used as natural food supplements ...

... In addition to the high health and nutritional benefits, the sprouts / seedlings and cress are ideal to create a supply for times of crisis. In both cases, different varieties and cultivation options must be distinguished in order to get exactly what you need from nutrients ...

... A mixture of different varieties makes sense for the emergency stock in order to be able to consume as much nutrients as possible. Sprouted buckwheat, for example, is a great foundation. Germinated buckwheat is no longer considered to be "grain", but it does fill you up. I like to use it as a cereal substitute or as a basis for bread from the dehydrator or oven.

In addition, broccoli sprouts, pea green, sweet lupine sprouted - and you are well looked after ...

Basically, aids that do not use electricity are of course best: e.g. the flake and a flour mill. It is also recommended to have sprout glasses or rung towers at home. There are also simple glasses with a net over them.

Growing trays or plastic trays from vegetables, soil or blocks of coconut clay are great for growing microgreen or pea green.

Dried fruits in glasses are also great for times of need, just like mason jars with pickled vegetables. Fermented vegetables would be ideal as a crisis supply and last up to a year in the refrigerator or cool cellar.

Various rungs (sprouts) make sense and last a very long time. For example, broccoli sprouts, radishes, alfalfa .———

it's double... I know from some Preppers that they store 10 kg sacks of buckwheat, because they can quickly and easily obtain a well-tolerated and extremely healthy food. I use various buckwheat seeds from "Aldi-bio" - so far it has always worked well with germination.

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But I especially recommend the following things: very easy to buy: between 1-3 packs are enough, depending on the food.

Shopping List:

- Flax seeds, soaked, crushed into the muesli or for binding for dried bread substitutes / chips.
- Sunflower seeds for sprouting and in the core with shell grown as micro green in soil.
- Oats for squeezing or as a milk substitute from the blender.
- Peas for pea green, grown in soil, indoors or outdoors.
- Sweet lupine sprouts as a great source of protein.
- Chickpeas for sprouts and / or in soups and mush.
- Lentils, mung beans, broad beans for sprouting or for soups.
- Sesame seeds for sprouting.
- Buckwheat for sprouting, for muesli and also as a bread substitute mixed with flaxseed meal and psyllium husk (from the dehydrator or oven).
- nuts, dates, dried fruit
- coke oil and other good oils etc.

Here is approximate information for a delicious “bread” from the oven at around 100 degrees C.

100 g linseed (crushed)

200 ml water

1 pinch of salt or shoyu

50 g sunflower seeds sprouted for 2 days

50 g of buckwheat sprouted for 2 days

100 g carrots grated, you can also use pomace from apple, beetroot etc.

Mix everything and let it steep for 1 hour. Then spread out on baking paper / baking sheet and use the knife to advance the piece size. Bake at around 100 degrees (C) as required (time): either be leathery or crispy. You really can't go wrong there. As soon as the pieces are a little firmer, turn them over and ideally continue to bake on a wire rack. So, they dry better.

May you have good success! *Sabine*

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