

## From the Windowsill Seedlings & Sprouts By Sabine Alex



### Seedlings/Sprouts and Co - Survival food and vitamin bombs from the windowsill ~

From my personal point of view, sprouts and seedlings are really the perfect survival food. And they are also extremely tasty: from spicy to mild. You simply add topping every cooked meal or to bread. The small green stuff is ideal for crisis preparedness, as it lasts quite a long time, has a small volume and later shows itself after a few days

as a super supplier for vitamins, minerals, proteins etc. - depending on the variety. In the event of a shortage of fresh vegetables, you would have something fresh and vitamin and nutrient as a reserve in addition to preserved foods. Seedlings and sprouts should also be used as natural dietary supplements.

You could even take sprouts/seedlings in a bag for short tours. Such a thing is already available from a manufacturer (PepUpLife) - but not intended as a crisis preparedness, but ideal for it. It makes sense to start growing and eating the most sprouted vitamin bombs now. Especially protein-rich legumes (legumes) should be taken in smaller amounts and generally the body slowly gets accustomed to sprouts. Some things are a bit difficult to digest, the body must get used to it. It makes no sense to overwhelm the body in times of crisis.

Apart from the high health and nutritional benefits, the sprouts/seedlings and creeds are therefore ideal for creating a stock for times of crisis. In both cases, different varieties and breeding options have to be distinguished in order to get exactly what you need from nutrients.

Once you've gained some practice and experience, you also know what each rungs need to thrive, and it's going on by itself. So, you don't need a "green thumb" . However, as with everything else, you must get involved first and then dedicate yourself 1-2 times a day to small breeding in order to water or spray. This is not a time factor, but it is a mental factor. There's just a little extra on the daily to-do list.

Usually you also start with commercially offered towers or bowls. But after that, many sieves or some shells are misused, which could be used in cultivation. Since I like to experiment myself, I tried a lot here - just like with the substrates. That's later. Compared to past sprout hype times, today there are also extended ideas and approaches, new equipment and above all many, many great varieties for the seed. Not everything is as well-known as broccoli sprouts, which made it to the evening program on television. From mini seed shafts to mini greenhouses for Baby-leaf greenery at local

markets, you can find what you are looking for in many specialty shops today.

But now, again at the very beginning:

With the small green-made, one roughly distinguishes the following **growth states**:  
- seedlings/germ shoots: seeds with roots and depending on the seed sometimes also with first leaves, "embryo", germination partly in light, partly in the dark. Grows in the rungs tower or glass.  
- Green sprouts: they are composed of shoots and leaves. Grows in the sprout tower or glass.  
- Microgreens, micro-vegetables, creeds: leaves are colored, there is slight root formation in the substrate, the young plant grows to light.  
Grass of sweet grasses, which is harvested with 4 cm and has grown on substrate.  
Some seeds are better suited as shoots for consumption, some offer the most nutrients as cress.

Among the **varieties** you can distinguish as follows:

**Green herb:** cabbage, alfalfa, red clover, carrots, sunflowers, peas, etc.

**Herbs:** Dill, radish, leeks, cress, mustard, basil etc.

**Germinated pseudo-cereals:** quinoa, amaranth, buckwheat etc.

**Germinated legumes:** chickpeas, lentils, sweet lupins, beans etc.

**Cereal grass:** wheat, rye, spelt, barley, millet, emmer, etc.

**Chia and linseed** can also be very good. No idea how to classify them (-;

Since not every seed is edible as a rung, you should inform yourself here. In most cases, the seed for sprout breeding also provides instructions for soaking times, watering and breeding species. Especially with legumes you should be careful and stick to the specified time period, so that the incompatible substances are then broken down. A textbook or a few videos on YouTube can enlighten you. You can also find good suppliers of organic seeds on the Internet. There you can find, for example, buckwheat, lentils, peas, chia, linseed with organic quality. And the price is also great compared to special sprout or germ products.

For the emergency stock, a mixture of different varieties makes sense in order to be able to eat as much nutrients as possible. Buckwheat, germinated, is, for example, a great basis. Germinated buckwheat is no longer considered "cereal", but it is filling. I like to take it as a cereal substitute. In addition, broccoli sprouts, pea green, sweet lupine germinated - and you are well supplied.

### **Vessels and substrates, cultivation methods –**

As already mentioned, there are different ways for the sprouts for cultivation. Depending on the seedling type, there are different requirements, but in general there are points that you should definitely consider.

### **Basics:**

- Rinse and soaking the seed
- Even distribution of the seed, not too narrow, not too much, prefer to start with small amounts
- Daily rinsing or spraying with freshwater room temperature ideally between 18 - 22 C degrees if it is too cold, the seed germinates too slowly. If it is too warm, mold may form.
- Provide enough fresh air
- Provide light but no blazing sun.

**Sprout Tower:** Especially small seeds thrive well in the sprout tower, possibly also with paper fleece.

**Sprout glass:** With the sprout glass you can pull e.g. alfalfa or buckwheat well.

**Cress sieve or bowl :**For example, slimy seeds such as cress or flaxseeds are suitable for the sieve.

**Pots and bowls:** For microgreens or green sprouts, bowls that are waterproof are suitable. The shells can be laid out with either soil or coconut mats. Here, as with cress, you only harvest the upper part of the plants. Mini greenhouses, for example, can also be used well for microgreens.

### **Substrates for microgreens**

Please do not take soil from outside (mushrooms and bacteria) or purchased "normal" potting soil. Here I have been searching and experimenting for a long time. Organic garden soil is also mostly containing organic fertilizer from animal husbandry or hooves, etc. Personally, I don't like it - especially when it comes to in-house cultivation with the delicate little plants that I want to harvest directly. There is a variety that is fertilized with algae and plant substances, it is expensive, but actually not necessary. I choose organic coconut soil (blocks) without additives or organic coconut or organic hemp mats without additives. This is also a clean thing for the apartment without big crumbs. Small and medium plastic sieves are also practical helpers. They are especially helpful for watering and washing seeds. I've never had a problem with mold. If you are anxious, you can use a spray bottle mixed with 3% hydrogen peroxide and water (3 ml per litre of water). It even accelerates germination and growth.

### **Storage and storage - It is best to**

eat sprouts directly. However, if you had a little too much at the start, you could store it in the refrigerator for a few days - in the sealed plastic container. After that, however, always rinse before further processing. So, that was a rough overview of the subject. In the 2nd part I will present you my favorites. It may help to watch a few videos, so you quickly lose the shyness and get a lot of good tips.

Have fun trying it out! *Sabine*