

An Overview of Sprouts and Nutrition

Extensive research proved beyond a doubt that sprouts are the food of the future. The Chinese nobles, 5000 years ago were consuming sprouts for healing and rejuvenation.

During WW2, the US president was concerned about a possible meat shortage in the USA. The scientific community then, after careful consideration, advised the president to promote the consumption of sprouts as the best and cheapest alternative to proteins in meat. There was no shortage of meat - the project was filed. Today, there is an increasing tendency to avoid consumption of animals, our fellow planetary habitants. This approach and the well known healing implications are taking a serious place in modern culinary approach.

The grandma way of growing sprouts by means of jars and trays was very efficient as grandma was always at home. Today, most people are pursuing a career and little or no time is available for additional tasks. The problems encountered are mainly around the amount of daily handling. First, you need to soak them for long hours, then to remember rinsing them 3 to 4 times a day (during hot summer days more often). If you choose to grow a variety of sprouts, they may need different treatments. Over-watering may result in molding and rotting of your crop. The "easy" work of growing sprouts becomes cumbersome and needs considerable attendance.

Healing

The founder of the Hypocrites Health institute, Ann Wigmore, dedicated her life to rediscover the healing and culinary properties of sprouts. For the past 30 years, the institute treated people for different disorders. Sprouts were found to contribute extensively to the immune system, as excellent detoxificants. Being Biogenic, sprouts are attributed rejuvenation qualities (creative life force). This contributes to the vitality and stamina experienced by thousands. Sprouts are rich in vitamins, minerals, proteins, and relevant enzymes to assist its digestion. Commercially available supplements synthetically prepared have no 'life force', therefore are not really natural, not to mention the price of the commercial vitamins compared to homegrown sprouts. Part of the 'magic' of sprouts is that they are 100% organic! Only clean water is needed to get a fully-grown, crispy, tasty sprout. Germination of sprouts does not require soil, pesticides, fungicides, not even light. What a contribution to our sensitive environment!

Dr.Clive McCay of Cornell University composed a perplexing ad. "Wanted: A live vegetable that will grow in any climate, rival meat in nutritional value (and tomatoes in Vitamin C), matures in 3 to 5 days, requires neither soil nor sunshine, has no waste and can be eaten raw!"

Adding to your favorite diet 3 to 4 glasses of sprouts daily will make a world of difference in your general state of health. Sprouts are also a tasty addition to salads, soups, homemade bread, sandwiches -- you name it. "My personal experience," says Sol, president of Seed and Grain technologies (a registered New Mexico company), "is that by developing a daily habit of consuming 4 glasses of sprouts; I have given up all supplements! I feel more energetic at 47 than 37! I have lost 20 Lb. in 18 month with no (conventional) dieting whatsoever."