

## **How to Sprout: Using Hydroponic Sprout Grower** ***Enhance the Availability of Dormant Enzymes***

This is an excerpt from “7 Ways to make Your Food Alive” by Max Haroon  
<http://maxharoon.org/foodalive>

This article is available for free download from  
<http://maxharoon.org/sprouting>

Enzymes, vitamins and proteins in some plant foods are dormant or locked; this is nature's way of protecting them for unintended use or waste. As such, the nutrients in these foods are not readily absorbed by the body. However, you can enhance the availability of enzymes, proteins and vitamins in many legumes, grains and seeds by sprouting



I have always preferred to get my nutrition from food rather than nutritional supplements. Every part of a plant provides different types of nutrition but of course you cannot eat the whole plant, right? No, when you eat a sprout you are eating a baby plant.

### **What is a Sprout?**

When a seed germinates into a new bud, it is called a sprout. A seed can be a grain, bean, lentil, or legume. Sprouts are delicious and colourful baby plants in their prime. They are a complete plant with root, stem and leaves.

### **What is Sprouting?**

It is the process of germinating the seed by providing the right hydration and temperature (with or without soil).

- Biochemistry teaches us that the efficacy of vitamins (B complex and C) existing in seeds can be increased by 100% to 2000% by sprouting.
- This process modifies various minerals in sprouts so that they are more easily assimilated in the body.
- It also breaks down protein into the amino acid, which are the building blocks so that we can digest them in half the time compared to cooked foods.



The benefits of sprouting are reviewed at <http://maxharoon.org/sprouting>

Mung beans are easier to sprout, so the following instructions are for sprouting mung beans. You can sprout a variety of beans, seeds and grains using the same method, although the germination period will be different.

### **Features of Hydroponic Sprouter**



I use the dome-shaped sprout grower, developed by a Canadian, Tony Hornick.

The dome-shaped grower has three parts:

1. Stainless steel MESH TRAY (see the picture above on the left)
  2. BASE tray, which houses the mesh tray (see the picture above on the right)
  3. Dome-shaped plastic COVER to cover the tray with the mesh tray (see the picture above on the right)
- The grains/beans/seeds rest on the mesh tray just above the water, eliminating mould. (Sprouting in glass jars by submerging grains/beans in the water, increases their susceptibility to mould).
  - The dome also maintains humidity to provide the right environment for propagation.
  - Being plastic it is light weight which allows any gases to escape and fresh air to go in.
  - The plastic is food grade and free from BPA and other plastic toxicity.
  - The whole kit is easier and lighter to carry, wash, transport and store
  - Organic and non-irradiated seeds are preferred.
  - Use filtered water.
  - Make a mix e.g. broccoli, fenugreek and alfalfa.

## The Sprouting Process

The process is divided into four parts, I have used the word seed and beans interchangeably:

- Part A: Preparation
- Part B: Germination
- Part C: Finishing
- Part D: Storing and Eating

### Part A: Preparation



Rinse again before going into part B.

1. Take three tablespoons of beans (preferably non-GMO and organic from specialty nurseries selling seeds for sprouting) and spread on any flat plate.
2. Remove seeds broken, chipped or damaged in any way, as they could spoil the lot. Take out split beans and any foreign matter, such as stone. Also check to eliminate beans that you think will not sprout.
3. Rinse in a large cup/mug. Soak them with the water just covering it for 6 to 12 hours. You may skip this, but it is required for smaller seeds/beans.



### Part B: Germination

4. Spread beans on the metal mesh tray. Smaller seeds like Alfalfa will require a cheesecloth or finer mesh/screen to put on the mesh tray.
5. Fill the base tray with water making sure that the seeds are

- just above the water level (not submerging the beans)
- Put the Dome cover on the base tray.
  - Place the sprout grower anywhere in the house, which does not get the sun.
  - After 12 hours, throw out the water; rinse the beans in the mesh tray with running water, then put the mesh tray in the base tray. Give it a good shake and run your fingers on the bottom of the mesh tray to spread the developing roots apart.
  - Fill the base tray with water making sure the water is not touching the seeds. It is OK if the developing roots are touching the water.
  - Every 12 hours: Repeat the above steps for two to five days. The number of days depends on how old are the beans and what bean and seed you are using. Mung will take about two to three days. When the shoot is  $\frac{1}{4}$  in to  $\frac{1}{2}$  in they are ready to eat. If you want longer shoot as in stir fry then keep them longer. Finer seeds may take unto 5 days to grow.
  - When the seeds are fully germinated, you can give another final rinse.

## Part C: Finishing



- Check to eliminate un-sprouted beans: If one of those beans does not sprout, you may damage a tooth if you happen to chew too hard on it later. There are always hard seeds in a batch that refuse to sprout. This is nature's insurance against extreme weather conditions. There is no way to identify them by looking, so chew carefully.
- Carefully submerge tray in water and skim off any green husks that float to the top. Gently rub and stir the sprouts (very gently as we are handling babies) then skim more green husks (see the photo above on the left).

### Notes:

- Never add more beans during the process.
- Use cold water for rinsing and filing the tray (preferably alkaline ne water if you have access).



## Part D: Storing and Eating

14. Optionally they can be dried using a paper towel.
15. Store the sprouts in a glass jar in the fridge. They can be kept upto 10 days.
16. You can eat from one table spoon to ½ cup of sprouts a day, preferably first thing before your breakfast. Rinse it every time when you open the jar to take some out.
17. Sprouts that are hulled, drained well and stored in a glass or plastic container will keep 7-10 days in the fridge, growing slowly, increasing their nutritional value until you use them.
18. Rinse the remainder of sprouts every time you take them out, drain the water and refrigerate.

I am not a raw food aficionado, but I do believe in eating fruit and vegetables when possible for the following principles:

- It enhances the bioavailability and release of the dormant enzymes of some plant foods & seeds by sprouting, soaking or fermenting.
- Blend vegetables (e.g. carrots, beetroots, kelp, celery) by making smoothie. Some people like juicing but you are losing the fibre.
- Make sure that every meal has some raw or live food as a major part of your meal.

## Resources

1. This is an excerpt from the “7 Essentials to Make Your Food Alive “by Max Haroon.  
<http://maxharoon.org/foodalive>
2. Download an article “Benefits of Sprouting”  
<http://maxharoon.org/sprouting>
3. Workshops based on this process by Max Haroon are available to community groups and not-for-profits for educational purposes. Seminars on Sprouting are presented in the GTA areas regularly. Please attend to make your sprouting a success.
4. For more information on sprouting, please visit the authors website <http://maxharoon.org/sprouting>
5. The Hydroponic Sprout Grower can be purchased from <http://maxharoon.org/sprouting> for \$35 and it includes e-book “*Make Your Seeds and Grains Alive*”. Proceeds of the sale go towards the education projects of the Life Transformation Institute <http://life-transformation-institute.org/>
6. The website also list other publications:  
<http://maxharoon.org/publications>

## Author’s Profile

Max Haroon, a social entrepreneur and an author is a retired IT and e-Marketing specialist, who has always been interested in holistic health and alternative medicine. He is the founder of the Society of Internet Professionals, [www.sipgroup.org](http://www.sipgroup.org), the Life Transformation Institute [www.Life-Transformation-Institute.org](http://www.Life-Transformation-Institute.org) and Institute of Crowdsourcing [www.lcrowdsourcing.org](http://www.lcrowdsourcing.org)



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