ACFN Community Wellbeing

Grow Sprouts in a Jar





- What You Need:
- sprouting seeds
- jar
- screening
- lid ring or rubber band

Enjoy Your Sprouts:

- On salads
- Add to stir-fry dishes
- In sandwiches
- Blend into smoothies
- Eat raw as a snack

What You Do:

- 1. Clean everything
- 2. Put seeds in jar
- 3. Soak overnight
- 4. Rinse seeds, drain, wait
- 5. Repeat twice a day, then, IN JUST A FEW DAYS
 - Eat and Enjoy!

Pick up instructions or see below

CHALLENGE: Check the internet for other ways to grow sprouts!



Use your smart phone to see the video and instructions:



Sprouting Video



See Detailed Instructions and <u>SAFETY WARNINGS</u> (www.3NE.ca/Learning)

Fast, Tasty, Healthy & Fun!

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- Alfalfa
- Peas
- Lentils
- Chickpeas
- Mung Beans
- Kale
- Red Clover
- Broccoli
- Red Cabbage
- Spinach
- Mustard
- Beetroot
- Arugula
- Radish
- Basil

photos: Greenplanet Energy Analytics

