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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Kinds of Seeds You Can Sprout

By David Smith

The following list gives some of the popularly sprouted seeds/beans. It is not all inclusive as you can sprout almost any kind of seed. Remember that seeds soak up 2–3 times their dry volume in water and sprouts need at least six times the volume occupied by the seeds. So be sure that your container is large enough, and start with a minimal amount of seed in a container like a jar, until you determine the correct quantity that will grow to the sprout size you like, without being difficult to remove.

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Wheatgrass Juice

Your local garden shop or health food store will carry a line of seeds for sprouting. When purchasing seeds for sprouting, be certain that the seeds are intended for food and not for planting. This precaution is necessary because some seeds meant for planting have been treated with fungicides or insecticides to protect the young seedlings when planted in a field or garden.

Alfalfa – should be soaked for 6–12 hours. The seeds can be planted in the pots or jars and also in the flats with soil. 1–part seed gives 10–parts sprouts in approximately 5–6 days. Sprouts can be eaten after 3 days. When the root is 1–2 inches long, it will begin to develop tiny green leaves. At this stage, it needs to be eaten immediately so the plant will not switch to photosynthesis that exhausts the stored food in the seed.

Peas – when soaked in a glass jar, will grow sprouts in about 3 days. When the roots are 2–inches long, they are ready to eat. 1–part peas gives 2–parts sprouts.

Lentils – can be grown in either a glass jar or a plant pot and need to be soaked for 12–hours. The sprouts are ready in 3–4 days. Lentil sprouts are ready to be eaten when the root is 1–inch long. 1–part lentils gives 6–parts sprouts.

Barley, Oats, and Rye – should be soaked for 12–hours and then can either be grown as "grass" to harvest, or sprouts ready to eat after 3–4 days. The ideal length for eating is about 1/2–inch. 1–part seed

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gives 2-parts sprouts.

Soybeans – can be grown in a glass jar or a pot. They need to be soaked for 12-hours and sprouts are usually ready after 3–5 days. They are ready to eat when the root is 2-inches long. 1-part beans gives 4-parts sprouts.

Mung Beans – after soaking for 12-hours, these beans can be grown by any method. Mung beans are the most commonly grown sprouts and are usually ready to eat after 3–5 days. When the bright, white root grows from 1–2 inches long, they are ready to eat. 1-part beans gives 4-parts sprouts.

By growing your own sprouts, you will save yourself money because it is less expensive to buy sprout seeds and grow and harvest the sprouts yourself, than it is to buy the sprouts from a market. Sprouting at home takes only a few minutes a day, and can produce a good part of your daily requirements of the nutrients you need from fresh produce. The hassles are minor, the costs are low, and the freshness is wonderful.

Visit the Wheatgrass Forum Today

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to find more information!

Wheatgrass Juice

Preparing Successful Seedlings

By Judy Williams

Preparing Successful Seedlings by Judy Williams

Growing your own seedlings is very gratifying and far more economic than purchasing them. It also gives you far greater control over your existing growing conditions.

Vegetable seeds need a light, friable soil that will hold moisture, to grow. Seeds must absorb 40–60% of their weight in water to trigger germination. They also need air. When they sprout, they take up moisture from the film of water around the soil particles, they take up air from the space between those particles. So soil quality is extremely important. Compacted soil will not allow your seeds to sprout.

A good seed raising mixture could be the answer if you are unsure of the quality of your soil. Individual 'peat pots' are a great invention because the whole pot goes into the ground without disturbing the roots of your baby plants.

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Warmth is also important to growing from seed. Most garden seeds will germinate if soil temperature is around 20C. For colder climates seed beds must be kept warm either by having them in a sunny protected spot in or near the house (like a porch or garage, out of the elements) or in a glass covered cold frame.

For most vegetable seeds you can expect a germination time of 6–20 days. In another 4–5 weeks, those seedlings should be transplanted into your outdoor no dig garden bed.

It's a good idea to treat seeds with a good, all purpose fungicide (something like a Rose Dust or Tomato Dust will be fine) before planting. Place a small amount, just the tip of a knife end, into the packet, reclose and shake until the seeds are covered. This will protect them from 'damping off', a common problem with very young plants.

Care of Seedlings

Seeds must be kept moist but not wet until the seedlings emerge. This may take between 1–3 weeks, depending on the plant type.

As they grow stonger, thorough but less frequent watering is required. They will need shade when young but should be increasingly exposed to the sun so they become used to conditions in the garden. Water in the morning rather than at night.

Transplanting

Mark where you plan to put each of your plants. Use a trowel to make a hole large enough

to take the root system. Gently prise out the seedling from its container taking as much of the soil as you can with it into the garden bed. Firm the soil around the plant in its new position, cover the area with mulch and water in gently.

It is best to transplant in the late afternoon or evening to give the plants time to settle in less stressful conditions.

Judy Williams (www.no-dig-vegetablegarden.com) splits her time between being a media executive and an earth mother goddess. No Dig Vegetable Gardens represents a clean, green way to grow your own food. The site covers all aspects of growing, cooking and preserving your harvest.



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