

The image features fresh green sprouts, likely alfalfa, in the top-left and bottom-right corners. The sprouts are vibrant green and have a slightly curled appearance. The background is white, and the overall layout is clean and minimalist.

TIPS FOR YOUR FRESH SPROUTS

FREE
SPROUT CLUB
EBOOK

WELCOME

TO A UNIVERSE OF FRESH SPROUTS

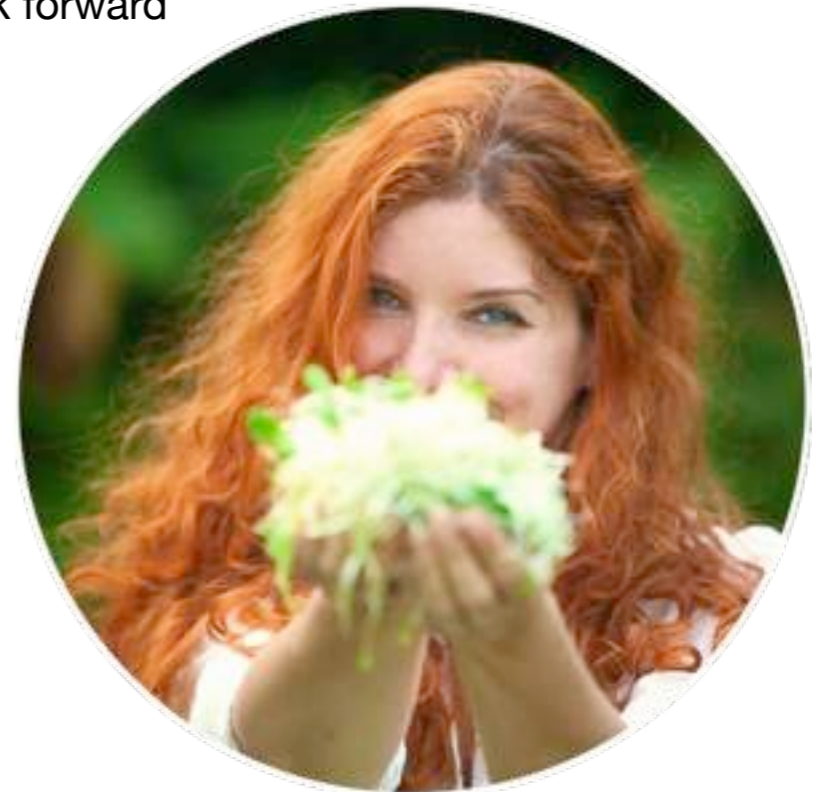
DEAR SPROUT LOVER

I hope you will enjoy this e-book and many happy hours with your little garden of home-grown sprouts.

This e-book is just one of many joys you can look forward to when you are a member of FRESH SPPROUTs free SproutClub.

If you think others may benefit from the inspiration too, they can find links to the club at all FRESH SPROUTS websites. I look forward to showing you the fascinating world of sprouts.

Miriam Sommer
FRESH SPROUTS



PERFECT PICTURES

WITH THE RIGHT PROGRAM

Are the edges of your pictures gray or blurred?



If you see gray edges of the images, or the letters in a word are in different sizes, you may want to open your e-book with another program.

You can right-click on the PDF before you open it and see what programs you can already choose to read the book.

On Mac Preview works very well.
On PC Adobe Digital Editions is good.

MORE ON ADOPE
DIGITAL EDITIONS

SPROUT CLUB

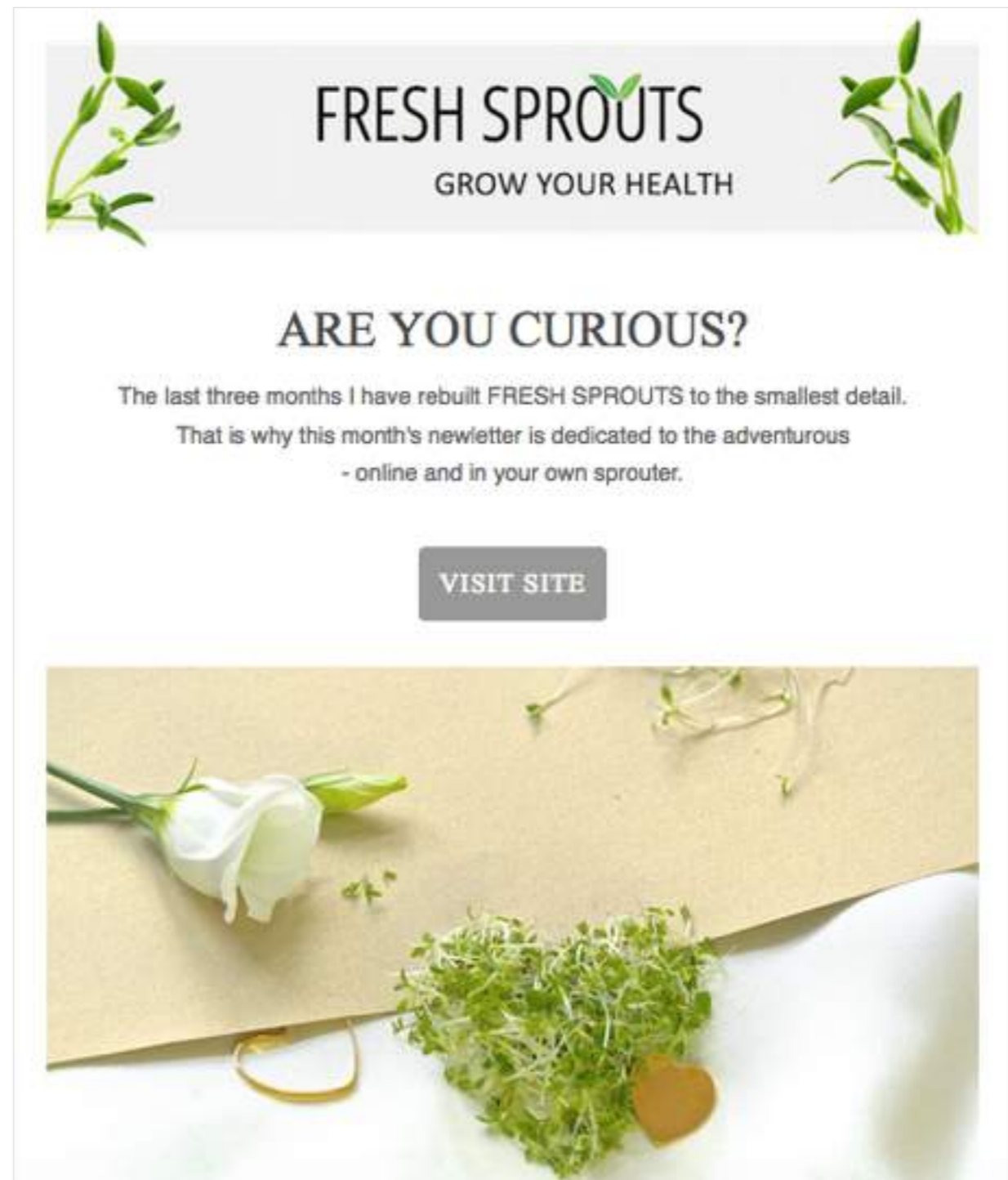
INSPIRATION EVERY MONTH

Could you not find a link to FRESH SPROUTSs free club?

You can sign up here and look forward to:

- 1-2 inspirational newsletters per month
- Delicious recipes
- Links to new videos
- Invitations to online events
- Access to the SproutClub pages
- Offers on new ebooks
- More tips for succes

SIGN UP FOR THE
FREE SPROUT CLUB




FRESH SPROUTS
GROW YOUR HEALTH

ARE YOU CURIOUS?

The last three months I have rebuilt FRESH SPROUTS to the smallest detail.
That is why this month's newsletter is dedicated to the adventurous
- online and in your own sprouter.

VISIT SITE



CLEANLINESS

WATER

TIPS ON...

SEEDS

SPROUTERS



SPROUTING SEEDS

The first key to success with sprouts lies in the seed. When you choose high quality sprouting seeds from certified suppliers you get several advantages:

Good sprouting seeds make your sprouts easy to care for. This is because good seeds have a high germination rate and the sprouts easily stay healthy throughout the growth, as the seed in itself is healthy.

Another advantage of buying your sprouting seeds from certified suppliers is that the seeds by EU legal requirements have been handled hygienically and tested for harmful bacteria. This is a big plus when you wish to eat your sprouts raw.

A last benefit of choosing only certified seeds is that the seeds can actually be eaten as sprouts. This is important to know because some plants are not edible as sprouts, although you can eat their fruit or the fully grown plants. Therefore you should only sprout seeds sold for specific sprout cultivation.

You can find distributors of real sprouting seeds worldwide. Many have 100% organic seeds. FRESH SPROUTS is one of them.

See FRESH SPROUTS' seed on the website.



CLEANLINESS

Cleanliness is the key to much good. So it is when you grow your own sprouts. Here are a few tips:

- Wash your hands before handling and rinsing the sprouts.
- Keep the table neat and clean around your sprouter.
- Pour the seeds out of your seed bag or use a clean spoon to take them and then close the seed bag airtight again.
- Keep pets away from your sprouter.
- Wash all parts of the sprouter after each round of sprouts.
- Only use clean cloths, sponges and/or brushes when cleaning your sprouter. That way you do not transfer bacteria from raw meat or dish washing to your sprouter.

If you follow these few rules you will get delicious fresh sprouts that thrive for you.



SPROUTERS

The third key for success with your sprouts is a good sprouting device - a sprouter.

Sprouts need to be constantly moist without being directly wet or lie in water. They also need to be able to get rid of excess heat and get fresh oxygen. A good sprouter is designed so that it meets all these needs. Good design also makes rinsing and cleaning easy for you.

There are many sprouters on the market and I have tested most of them. To ease your own choice, I have made a list of them on the site. The list shows three sprouters, you can make yourself and many others you can buy ready-made by professional manufacturers.

In the list, you can read my opinion of each sprouter. This way you can easily choose a sprouter that meets your own needs.

Visit www.FreshSprouts.net



WATER

The fourth key is water. Your sprouts need water for soaking and daily rinsing. The water should always be clean, fresh and drinkable.

It is important that the water does not contain flavor, carbon dioxide or other additives. Sprouts need only natural water. You do however not need to clean the water through carbon filters or with other methods if the water is already drinkable for you.

Sprouts also love when the water is a little cool but not direct cold. Sprouts are sensitive. It is a good habit if you test the water temperature on your wrist before you rinse your sprouts with it.

The water should feel cool but still nice against your skin.



SPROUT GUIDE

8 STEPS TO YOUR SPROUTS

Are you a beginner or are you a little experienced in sprout cultivation? Perhaps you have sprouted a few years ago and would like to start again?

On the following pages you will find an 8-step manual for your first - or next - sprouting adventures. If you are new, you can use the guide to get started quickly. If you are experienced, you will find some tricks to the many new sprouts that have appeared on the market in recent years.

“SPROUTS CAN GROW IN ALL CLIMATES”

With this ebook you will soon experience a little sprout garden full of fresh, nutritious and organic sprouts every day - no matter where you live in the world.

“SPROUTS ARE FUN FOR YOUR WHOLE FAMILY”

If you have questions after you have read this ebook, you can find much more information on the site www.FreshSprouts.net or in my book 'FRESH SPROUTS - A Guide to Sprouting'



You are also welcome to write your question on FRESH SPROUTS's wall on facebook. I will answer you as soon as possible.

Have fun with the guide.



1 SEEDS FOR ANYONE

Before you can start growing sprouts you must select your type of seeds.

Easy sprouts are ready in just 2-3 days, and you can grow them in all types of sprouters. These are Lentils, Green peas, Chick Pea, Mung beans, Soy or Adzuki beans.

Medium easy sprouts require a little more than the easiest group simply because they need to grow for a longer time. This group is ready in 6-9 days. These are Broccoli, Fenugreek, Endive, Lucerne/ Alfalfa, Clover, Radish, Sunflower a. o.

Hard level sprouts grow slowly and/or have special needs. These are Fennel, Corn, Arugula, Cress, Mustard, Pink kale and Red cabbage.

Difficult level sprouts are only for experienced sprout growers with patience and insight into the sprouts needs. These are Garlic, Leek, Rhubarb and Beetroot.

You can read more about each sprout on the site www.FreshSprouts.net. There you can also see beautiful pictures of each sprout.



RADISH



2 SEED QUANTITY

Your sprouts will grow their best when the quantity of sprouting seeds and the size of the sprouter is in balance.

When the two are balanced, your sprouts can get rid of excess water and heat but still remain slightly moist between each rinse.

A good rule is that lentils, beans and peas require 4 times the space in relation to the dry seed.

The other sprouting seeds - Broccoli, Alfalfa, Radish etc. - require 15 times the area in relation to the dry seed.

This rule applies regardless of your choice of sprouter.

This means that a sprout jar should be filled no more than 1/5 in height with dry legumes and 1/15 with other seeds.

If you use a sprouter with trays, you can fill each tray 4/5 with a single layer of dry beans, peas or lentils or up to 2/3 dry seeds in a single layer.

You can read more about the quantity of seed on FreshSprouts.net





3

SOAK THE SEEDS

Dry sprouting seeds are in natural hibernation. This state is Nature's way of ensuring the seed does not start to sprout before the right conditions are present for the plant to survive and - maybe - eventually continue the species by spreading its own seeds.

In order to break the hibernation the seeds need to soak in a glass of clean water at room temperature. The seeds will absorb the water in a matter of hours and begin their germination process.

The soaking time varies depending on the sprout type. Peas and lentils should soak 2-4 hours. Seeds should lie in water for 8 hours. Chick peas and mung beans require up to 12 hours. The time depends on the variety's ability to absorb water.

You can learn more about soaking and other part of the sprouting on www.FreshSprouts.net



PINK KALE

4

INTO THE SPROUTER

When your seeds have absorbed enough water, they are ready to be poured into the sprouter. Here your sprouts will grow big and crisp.

To transfer the seeds to the sprouter first pour as much of the soaking water out of the glass as possible. Then fill the glass with fresh water again and pour water and seeds into the sprouter. Once in the sprouter, you rinse the seeds with clean, cool water for 10-20 seconds. Ultimately the water that flows out of the sprouter should be completely clear.

When the rinsing is done, assemble the sprouter and tip it gently so that excess water can drain off. Seeds and sprouts should be moist, but not directly wet between each rinse.

Now your seeds will quietly begin to germinate over the next few days. All you have to do is rinse them 2 times each day. You can see more in step 6.



BROCCOLI

5 PLACEMENT

Sprouts should neither be in the dark nor in direct sunlight.

On a clean kitchen table in light shade is the best place for your sprouter. Here it is neither too hot nor too cold.

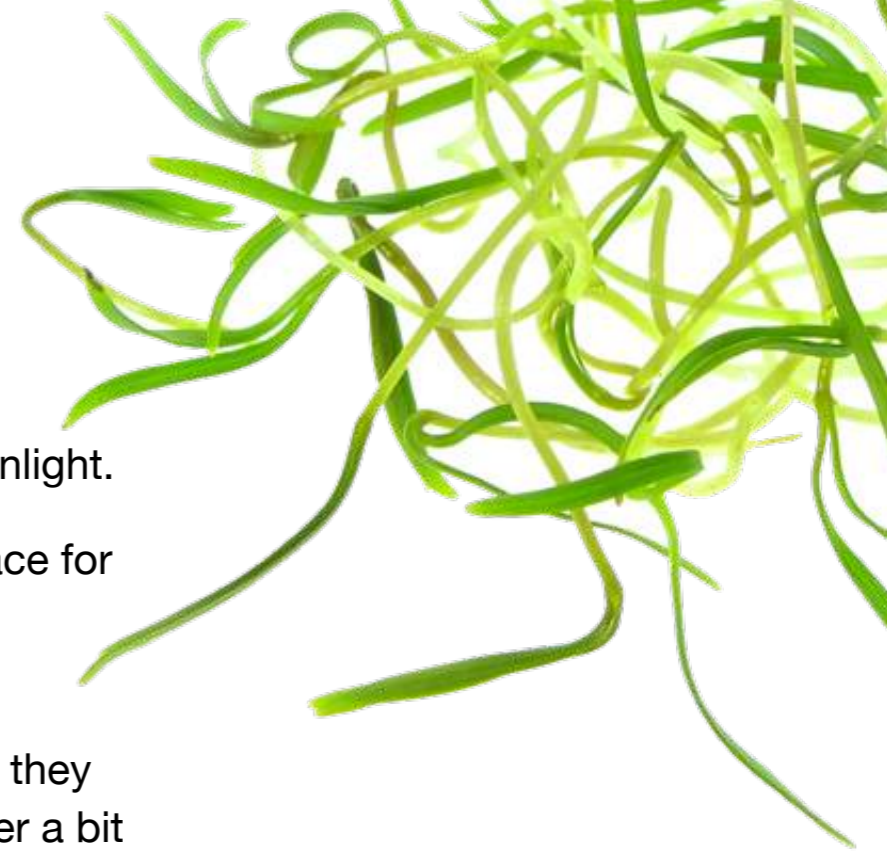
Sprouts prefer temperatures of 19-23 C.

If your sprouts look a little pale one or two days after they have unfolded their leaves, you can place the sprouter a bit brighter - but still out of direct sunlight.

It takes about a day from the time the sprout unfold its leaves, and till they get their beautiful green, violet or pink colors. If your kitchen is quite light, the leaves will begin to color even while they unfold.

If the sprouts grow in a warm kitchen you can experience otherwise white/green sprouts turn a nice pink color. This is quite natural, but you should still rinse the sprouts again and place them in a slightly cooler spot.

If you live in a climate with polar nights or have a very dark kitchen, a good lamp with a LED bulb or another kind of non-heating bulb can replace natural sunlight for your sprouts.



FENNEL

6

RINSE EVERY DAY

Sprouts should always be slightly moist. If they dry out even a little, they will go sick and/or wither. But on the other hand your sprouts should not lie in or have their roots in still water.

Fortunately, the solution is easy:

- 1) Rinse your sprouts with clean, cool water 2 times a day.
- 2) Rinse for 10-15 seconds each time.
- 3) Let the sprouter drain for excess water.
- 4) Empty the bottom tray of water after each rinse.

It's that easy. If your kitchen is warm, you can rinse one more time during the day.

One last tip is that the water jet should not be hard. Hard rays and splashing water will break your delicate sprouts, so they rot rather than grow into delicious and crispy plants.

You can let the water flow down in a corner of the container, so the seedlings are rinsed but not hit directly by the water jet. Or you can buy an adapter for the tap that can spread the waterjet into several smaller jets.



RED LENTIL

7 SIZE ON SPROUTS

Some sprouts should only have a small, white tail. Other sprouts should be grown until they have small leaves. The third type can be grown to both sizes.

The right size depends on the sprout variety and your personal preference.


Lentils, Beans and Chick peas must always grow until their white root is minimum 1 and maximum 2,5 cm long. They are eaten before they grow leaves. You can eat the whole sprout.

Seeds and grains such as Cress, Broccoli, Sunflower, Alfalfa, Radish, Arugula, Mustard, etc. are always grown until they unfold their leaves. You can eat the whole sprout.

Peas and Corn can be grown until their root is only 1 cm long. Then you eat it all. If you grow them till they get leaves you should cut the pea or corn grain away and only eat the tasty stem and leaves.



FENUGREEK



8

CLEAN SPROUTS

When your sprouts are the desired size, they are ready.

I recommend that you only take the amount of sprouts from the sprouter that you eat right now. Then the other sprouts can continue in their growth. This will keep them fresh.

The easiest way to rinse the sprouts clean from hulls is to put them in a large bowl with cool water. Let them stay there for 10 minutes and move them around with gentle fingers. This will loosen the hulls. Change the water and repeat until the rinsed sprouts are clean.

It is enough just to rinse the sprouts in water, but if you would like the sprouts to be completely clean, you can fill the last bowl so that the water only just covers the sprouts. Add lemon juice to the water at a 1:6 ratio. Let the sprouts sit in this for up to 10 minutes. The low pH of from lemon removes the last bacteria. Rinse with clean water.

Citron bath is heavy stuff for your sprouts. So do not use this method until the very last rinse just before you eat the sprouts.

Now you are ready to enjoy your home-grown, fresh sprouts. You can find delicious recipes in Chapter 6.



A FEW TRICKS FOR YOUR SPROUTS

SEED HULLS

You can eat the soft seed hulls on your Broccoli, Fenugreek, Clover, Alfalfa, Radish etc.

The hard shells on Endive, Fennel and Sunflower should not be eaten but can benefit the soil in your garden.

**“SEED HULLS ARE
FULL OF FIBRE”**



**“SOME SPROUTS
GROW ROOTS THAT
LOOK LIKE MOULD”**

MOULD OR ROOTS

Some sprouts have a long slender root. Others have roots that are very fine and may look like mold. The latter is called root hairs.

Sprouts with root hairs are: Broccoli, Cabbage, Radish, Rape, Kale and Sunflower.

You can eat all types of roots on your sprouts as they are in a salad or you can blend them in dips and smoothies.

SPREAD THEM OUT

When each of your sprouts have a little space around them, fresh oxygen can reach them and they can get rid of excess heat.

Therefore, your sprouts love when you distribute them evenly in the sprouter. You can do this with a gentle jet of water or by shaking the sprouter gently so the seeds spread out.

**“SPROUTS NEED
ROOM TO BREATHE”**



The background of the page is filled with vibrant green sprouts, likely alfalfa or mung bean sprouts, which are densely packed and appear to be growing upwards. The sprouts are in various stages of growth, with some showing their characteristic two-lobed leaves and others still in the early stages of emerging from their seed coats. The lighting is bright, highlighting the fresh, crisp texture of the plants.

EVEN MORE TIPS

Would you like even more sprouting tips?
Then you will be happy to learn, I have created
a whole universe of unique tips, beautiful
pictures and videos for you as a member of
the Sprout Club.

You will find the code to the secret pages
in all Sprout Club newsletters.



RECIPES

WITH YOUR DELICIOUS SPROUTS

SPROUTS IN ANY DISH

Sprouts can be used in any dish where you could imagine adding fresh lettuce, cucumber, broccoli, radishes, peas or cooked, cool beans and lentils.

In smoothies mild sprouts such as Alfalfa, Clover, Sunflower and Peas go well with fruits and vegetables. You can even juice or blend sprouts in homemade juice.

And only your imagination sets the limits for delicious combinations with sprouts in salads, tapas, dips, wraps, sandwiches and bread.

In hot dishes and soups you can serve sprouts on the side or add them just before serving. This preserves their nutrients and crispness.

RAW, WHOLE OR HEATED

You can eat most sprouts raw, to get the full benefit of their many vitamins, minerals and antioxidants.

Only sprouted chickpeas and soybeans must be boiled for 3-5 minutes just before you eat them.

Your other legume sprouts - lentils, peas, beans - are equally usable in cold and hot dishes. They do not need to be heated, as long as their white root is at least 1-1,5 cm long.

All the other sprouts can be enjoyed raw. Raw sprouts are crisp and beautiful tiny, natural works of art that decorate any dish regardless of the chosen type of cuisine.



SMOOTHIE WITH MINT

A fresh smoothie equally suitable for breakfast, snack or non-alcoholic drink at your next party. Fits 2 glasses.

2 tbsp sprouting sunflower
1 tbsp sprouting alfalfa
½ cup coconut water
1 ripe kiwi
1 tbsp fresh mint leaves
1 handful of ice cubes
1/2 tsp freshly lime juice

*The mild pea sprouts
and clover sprouts are
delicious and juicy.*

Grow the alfalfa sprouts for 5-7 days and the sunflower sprouts for 8-10 days. They are both ready when the first leaf unfold.

If the sunflower sprouts do not throw their shells themselves, you can rinse them more often so there is a more moist around the leaves between each rinse.

Rinse the sprouts and remove the left over shells from the sunflower sprouts. You can eat the roots of both sprouts.

Place all ingredients in a blender except for a few sprouts for garnish. Blend until the consistency is smooth.

Serve immediately so the colors look fresh and you get the most benefits of vitamins as vitamins oxidize once they are blended.



SPICY AVOCADO

A quick lunch or appetizer before a green salad. Fits 2 people and ready in 10 minutes.

1 tbsp of Fenugreek seeds for sprouts
1 tbsp fresh chopped basil
300 gr quorn or soy granule
1 large finely chopped carrot
2 ripe avocado
salt and white pepper
1 tsp lime juice
1 pinch of mild chilli
3 tbsp chopped onion
Olive oil for frying
1 tsp finely minced garlic
Some dried or fresh basil

Quorn and Soy granule are plant based and rich in fiber and protein.

Cultivate the fenugreek seeds into sprouts with small leaves or just into a small white root. As very young sprouts, they have a delicious curry flavor.

You can use frozen Quorn or dried soy granules for the dish. Both are very similar to turkey meat when it is cooked and seasoned. Fry it gently in a pan with olive oil and spices, so the taste is allowed to develop in the Quorn or granule. Add just enough water so that it does not dry out. Add the carrot while the dish is warm and serve in avocados.

Sprinkle with the raw sprouts, chopped basil and drizzle with lime juice.



SUPER PROTEIN SALAD

An easy summer salad for lunch or dinner. Fits 4 people and ready in 30 minutes.

4 tbsp red and green lentils for sprouts
4 tbsp chickpeas to sprouts
300 gr tempeh
1/2 cucumber
Salt and peber
2 tbsp olive oil
1 tbsp mustard
1/2 red onions (cut fine)
1 tbsp balsamic vinegar
1 cup fresh parsley leaves

*Tempeh is naturally
fermented soybeans,
that are rich in protein.*

Grow the lentil sprouts for 2-4 days until 1 cm root. Lentil sprouts can be eaten raw. Grow the chickpeas for 3-4 days until 1,5 cm root. Then boil them for 3 min just before you use them in your food.

Steam the tempeh for 10-15 min. Mix vinegar, oil, mustard and spices in a bowl. Marinate the steamed tempeh in a little of the mixture and sauté in a lightly oiled pan until the cubes are golden on all sides. Turn off the heat and let it sit on the pan, while you mix all other ingredients in a large bowl.

Mix everything just before serving with the rest of the dressing in a separate bowl.



SPROUTS IN RICE PAPER

A delicious little dish for 2 people that is ready in just 30 minutes.

3 teasp Alfalfa for sprouts
6 tbsp peas for sprouts
8 cm diakon radish in strips
4 carrots in strips
100 gr feta cheese
A little lemon juice
Salt and pepper
1 tsp fresh ginger
4 pieces of rice paper
1 clove crushed garlic
5 tbsp extra virgin olive oil

Grow peas to small sprout or leafy shoots in 2-7 days.
Grow Alfalfa sprouts till they get leaves in 7 days.

Arrange a bowl of lukewarm water, a damp towel, rice paper, strips of radish, carrots and sprouts. Dip a sheet of rice paper in the water and put it on the damp towel, add some of all ingredients horizontally in the middle of the rice paper. Fold the paper about the ingredients and place on a plate. Repeat with the next sheet etc.

Mix oil, crushed garlic, ginger, lemon juice, salt and pepper into two bowls that you can serve next to the rolls.

*You can use
Diakon sprouts
instead of the large
vegetable.*



RED LENTIL SOUP WITH CHILI

A delicious, protein-rich soup for those cold evenings in the North. Ready in 30 minutes and enough for 4 people.

200 gr red sprout lentils	400 gr canned tomatoes
200 gr sprout chickpeas	800 ml bouillon water
2 tbsp cumin seeds	10 stalks fresh cilantro
1 large pinch chili powder	Salt and pepper
1 tbsp olive oil	4 tbsp greek yogurt or creme fraiche
1 fresh red onion	

Grow the sprouts separately for 2-4 days until 1 cm root.

Dry fry the cumin and chili in a saucepan until the seeds start jumping around. Add oil and onions. Boil for 5 minutes. Add broth water, tomatoes, red onion and chick pea sprouts and bring to a boil. Immediately turn the heat down and simmer for 5 minutes.

Red lentil sprouts naturally have a beautiful color.

Pour the soup into a heat tolerant bowl, add lentil sprouts and blend with a hand blender or in a food processor until the soup resemble a smoothie in thickness.

Pour the soup back into the saucepan. Gently warm to 50 degrees. Season with spices and coriander. Garnish with a little yoghurt, a few fresh sprouts and coriander leaves.



SPROUT SANDWICH

A quick sandwich for lunch or a picnic. It's ready in 7 minutes and is suitable for 1 person.

1 teaspoon clover sprouting seeds
1/2 tsp radish sprouting seeds
1/4 green bell pepper
4 cm cucumber sliced
Salt and pepper
1 whole grain bun
3 tbsp cream cheese or avocado

*You can find
vegan cream cheese
in many health
food stores.*

Grow the sprouts for 5-7 days in the sprout guide until they unfold their leaves. Rinse the cultivated sprouts free from hulls and they are ready for your sandwich.

Wash the bell pepper and cucumber and cut both into thin slices.

Cut the bun in two and toast on both sides. Butter it with cream cheese or avocado and arrange all ingredients in it.

If you need to take the sandwich with you, you can butter it but take the various greens with you in a separate bag. That way both will stay delicious and crisp until you mix them for your lunch.

The sprouts will help to keep the other green ingredients fresh in the bag.



MORE RECIPES

You can find more recipes
with your beautiful sprouts on
www.FreshSprouts.net



FRESH SPROUTS

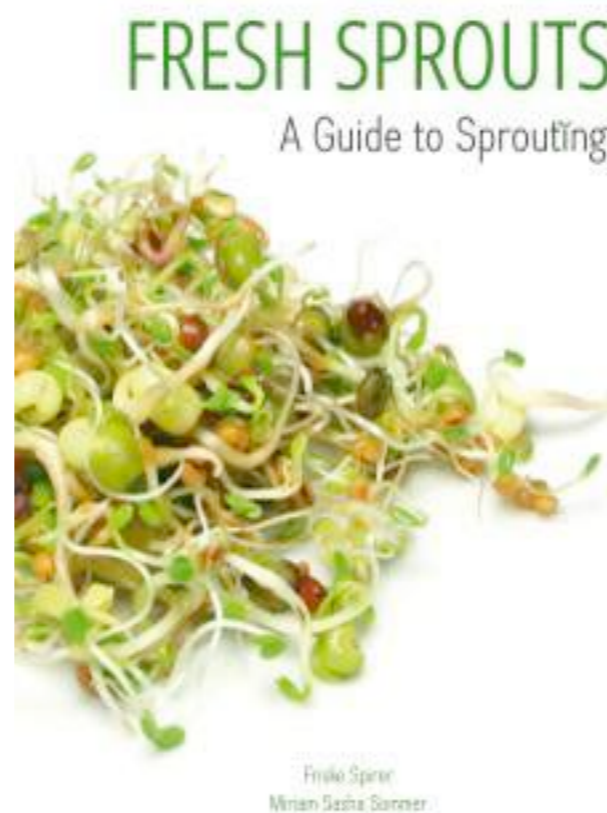
A Guide to Sprouting

Would you like to learn all the tricks to growing any sprout?

Then this is the book for you.

This basic book in sprouting gives you:

- 100 pages full of beautiful pictures.
- Presentation of the 5 sprout types.
- Explanation of why the 5 groups must be cultivated in unique ways.
- Insight into the 6 basic requirements of any sprout.
- Ideas for easy cleaning of your sprouter.
- Thorough step by step guide to growing your sprouts in any climate year round.
- 14 green recipes with your sprouts.
- A list of 44 sprout varieties.



The book is written in an easy to read English with short sections, so it can also work as a reference book for you.

I have created the book in both printed and digital version so you can benefit from it no matter where you live in the world.

You can find the book in print or digital version on iTunes, Kobo, Amazon or FreshSprouts.net.

My full author name is Miriam Sasha Sommer, if you wish to find the book via other retailers or see reviews of it online.

SEE THE BOOK

OR

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THANK YOU FOR YOUR HELP

GET A FREE EBOOK

Would you like to get my 100 page sprout ebook?

I would love to give it to you for free if you write a review on Google+, Facebook or mention FRESH SPROUTS on your blog with a link to my blog/site, www.FreshSprouts.net.

Why? Because it is a great help if you mention and link to FRESH SPROUTS. My company is still just a little sprout, and it needs positive publicity to grow bigger.

And who is a better messenger of the many joys of home-grown sprouts than you?

THIS IS HOW YOU DO IT

When you have completed your review on Google+, FB or on your own blog or site, you simply write to me at info@freshsprouts.net to tell me about your review. I will then send you the ebook via email a.s.a.p.

But I would also love to give you a link in return on top of the ebook.

I usually link to reviewers in both my newsletters and on my FB. This can give you new readers and support to share your own passion with the world.

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ABOUT

THE HEART BEHIND FRESH SPROUTS

My passion for sprouts started when I was a child and grew sprouts with my mother. I was deeply fascinated that with just a little water each day I could help create something as perfect as mini plants. Even plants I could show and share with the whole family. I soon discovered that I had the same joy by creating many other things. Something began to sprout in me: I wanted to share my love for sprouts one day and I wanted to learn many skills along the way.

I graduated in Communications in 2008. My first idea with FRESH SPROUTS was that it would just be a small website. There were no other Danish websites on sprouts and the two Danish books on sprouting were 25 years old. So I thought my little project could benefit and inspire other green lovers.

So in 2010 I opened the site www.FreshSprouts.net. The site was quickly followed by videos and my book FRESH SPROUTS - A Guide to Sprouting first in my native tongue, Danish and then in English.

I had worked on a publishing house, so it was an easy decision for me to publish the book myself.

Being an academic I discussed the facts about sprouts and sprouting with 3 plant scientists and two researchers in human nutrition. I still consult them if I have any questions. It is nice for me to have knowledgeable people to ask and I find scientists are happy to share their many insights.

In the years since 2010 the 'communication project' has grown into many videos, posts on social media, a webshop, several books, my own sprouter and much more is to come.

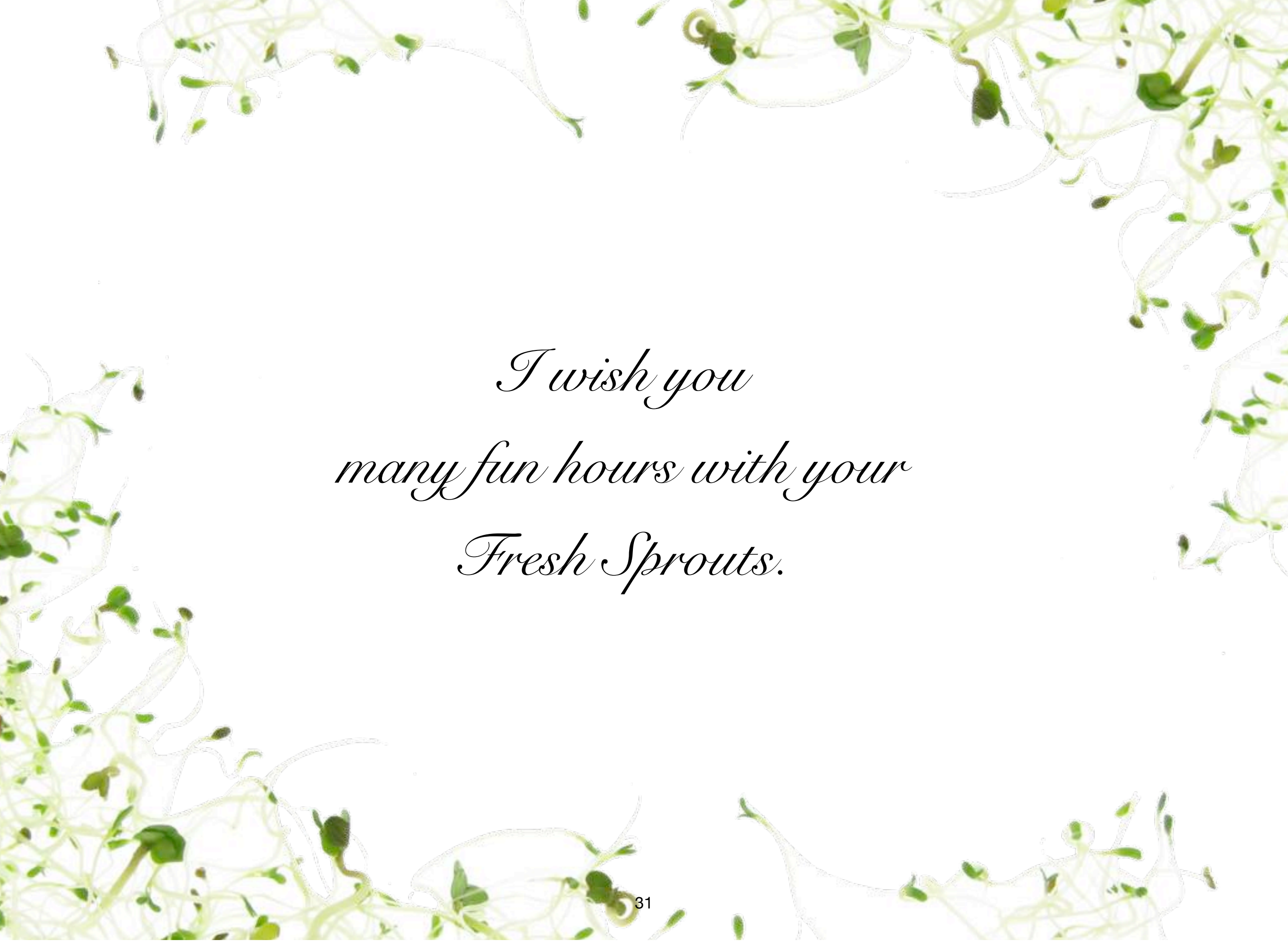
I love sharing my knowledge and I hope it will benefit you and your loved ones. Maybe you too will find the same happiness from your little sprout garden as I have from mine.

I also hope this free SproutClub ebook has given you enough knowledge to get the first good experiences with your small indoor sprout garden.

I wish you many fun hours with your organic sprouts.

Miriam Sommer
Owner of FRESH SPROUTS



A decorative border of fresh sprouts, likely alfalfa or mung bean sprouts, is arranged in a circular pattern around the central text. The sprouts are light green with small, round heads and thin, white stems.

*I wish you
many fun hours with your
Fresh Sprouts.*