

The Essentialist

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Sprouting Instructions for Lentils

Yields approximately 1 cup (1/2 lb) of sprouts

Put 1/2 cup of seed into a bowl. Add 2 - 3 times as much cool water (60 - 70°). Mix seeds up to assure even water contact for all. Allow seeds to **Soak** for 8 - 12 hours. Empty the seeds into your bag. **Rinse** thoroughly with cool water (60 - 70°).

Drain thoroughly by hanging bag or resting bag in colander, but never let it sit in its own water.

Set anywhere out of direct sunlight and at room temperature (70° is optimal) between rinses.

Rinse and **Drain** again in 8 - 12 hours. And, once more... **Rinse** and **Drain** again in 8 - 12 hours. And, perhaps once more... **Rinse** and **Drain** in 8 - 12 hours.

Depending on your climate and time of year you are sprouting and most importantly your personal preference -- You may rinse and **Drain** again at 8 - 12 hour intervals for up to 6 days. However, we prefer to sprout only to the point where most of the seeds have sprouted tiny (1/4 inch) roots, which is typically after just 3 Rinse and **Drain** cycles.

Note: *Not all Lentils will sprout at the same time. They are close enough to mix together certainly, so we mix them. You don't have to wait for all of them to actually pop a root sprout) - it isn't necessary and it can cause some of your seeds to over-sprout, but it is your choice.*

*As always, we suggest that you taste your crop at EVERY RINSE -- including the very first -- just after the **Soak** period. The soaked seeds are already alive and through they may not be their most nutritious they are still very nutritious -- they are already without enzyme inhibitors (a very good thing indeed!) so they'll digest themselves and nourish you.*

Sprouting Lentils

*Grow them for as long as you like (as long as you continue to **Rinse** and **Drain** every 8 - 12 hours) and find out for yourself when they are most delicious! If you grow for a week you'll get some plants growing as well as roots. Experiment! Have Fun! It's All Good!*

Harvest: Your sprouts are done 8 - 12 hours after your final rinse. *Be sure to Drain them as thoroughly as possible after that final rinse.*

The goal during the final 8 - 12 hours is to minimize the surface moisture of your sprouts -- they will store best in your refrigerator if they are dry to the touch.

Refrigerate: Transfer your sprout crop to a plastic bag or the sealed container of your choice -- glass is good too -- and put them in your refrigerator -- if you can keep from eating them all first.