

### **Robben's Demonstration**

Robben demonstrated the bag method of sprouting, using mung beans, mixed lentils, and garbanzos. A glass canning jar with a lid fitted with a screen can also be used, but Robben prefers the simplicity of the bags. We tasted them straight, and then she mixed them with a bit of sesame oil, Braggs liquid aminos, and some herbal seasoning for a tasty salad. (Refer to instructional flyers for more detail).

This was followed by a demonstration of sprouting wheat and sunflower seeds (un-hulled), and then growing them in flats for juicing. Best soil is Peco planting soil (already contains peat moss in proper proportion). You can stack wheatgrass and sunflower flats to do both at the same time.

She juiced some wheatgrass using a hand crank juicer, and then a mixture of sunflower sprouts, cucumbers and celery using an electric juicer.

Wheatgrass 2nd cutting is about 1/3 as nutritious as the first cutting, and can be used for pets and animals.

### **Sources:**

The following items are available through several internet and local sources. See EssentialList flyer on Sprouting Sources)

- Hemp bags for the bag method
- Seeds for sprouting
- Flats for growing wheatgrass and sunflower sprouts
- Hand-crank and electric wheatgrass juicers
- Peco planting soil