



Organic Information



Organic Foods

Research has suggested that the pesticides, fungicides, herbicides, and chemical based fertilizers used on crops, are potential causes of illness such as cancer, environmental allergies, immune system break down and a host of other ailments.

When buying organic seed you are accomplishing two things. First, you are assuring the food you eat has been grown in certified conditions that require careful monitoring to ensure a natural, toxin-free, chemical-free environment. Second, you are supporting a farmer who has invested the time and effort into giving you a quality product without sacrificing the integrity of the farmer or the environment in which we all live.

Please be aware, that foods may be labeled “organic” without being certified. When you buy food that has been certified, the seller must be able to produce documentation confirming certification. If requested, Sprout Master will provide proof of certification.

We strive to give you products that are certified organic and affordable. It is our intention to always bring you the best products at the best prices.

Regeneration and rejuvenation of the human body is possible when it is given a rest from destructive habits and supplied with foods rich in life energy .

Ann Wigmore – The Sprouting Book

Sprouting

Today it can be difficult to know what is in or on the vegetables we are eating. With growing awareness, the public is insisting on Certified Organic foods. No chemicals or insecticides, no additives, no preservatives. It is still difficult to find most of what we choose to eat in this category , but we do have an alternative. We can grow our own food. Unfortunately most of us don't have the space, or the means to have a vegetable garden and in our climate it would only supply us with a seasonal yield. The answer is to sprout our greens, in our own kitchens.

Sprouts are biogenic foods, that is to say that when sprouted they will create new life. They are the most concentrated and natural sources of vitamins, minerals, enzymes and amino acids (proteins) known.

When a plant is at the sprout stage, it is at its peak of nutritional value. The seed releases all of its stored nutrient value at this time, and when you eat this sprout you are getting the best of what this plant has to offer . At the Ann Wigmore Foundation they offer what is called the Living Food Diet whereby fifty percent of the diet consists of sprouts.

The history of sprouting dates back before the Bible. In 3000 B.C., the Emperor of China recorded certain therapeutic uses of sprouts in a medicinal herb book. He claimed that sprouts cured bloating, loss of nerve sensation, muscular cramps, digestive disorders, and weakness of the lungs. In the late 16th century Li Shih Chens' work which took over 26 years, discusses the medicinal value of sprouts. His suggestions include reducing inflammation, laxative effects, remedying dropsy and rheumatism, and building and toning the body . In the 18th century Captain James Cook used a specially formulated malt made by cooking sprouted beans at a very low heat for long periods of time to prevent scurvy , a common voyage disease. During his three years of voyages not one man died from scurvy .

During World War I Doctor John Wiltshire used sprouted haricot beans to fend off scurvy in a Serbian hospital. He actually tested the sprouted beans against the use of fresh lemon juice because both the bean and the lemon contain the same amount of Vitamin C. Dr . Wiltshire concluded that the use of sprouts was the easiest and most economical way to prevent scurvy in the field.

In addition to gaining enough Vitamin C to prevent scurvy , sprouts offer adequate amounts of protein to maintain health. During World War II the U.S. government circulated literature on how to grow and use sprouts to all of their citizens in case there was a shortage of meat, poultry , dairy and other staples.

Health conscious individuals are decreasing amounts of meat, poultry and dairy products in their diet, it has become important to learn how to maintain a healthy diet. Sprouts are a natural diet supplement and anti-oxidant that is extremely digestible.

Sprouting is an economical alternative to seeking out fresh, organic produce. When sprouted, a seed gains from five to fifteen times its weight. If you use seed at \$1.25 per pound, you can produce one pound for about 15¢. By just adding sprouts to your diet, you can significantly reduce your grocery bill. Regardless of your living space, you can produce nutritious and inexpensive sprouts. Sprouts are fresh foods at your finger tips. Any edible seed, nut or grain will produce sprouts. Those who have enjoyed home sprouting will rave about such sprouts as: radish, buckwheat, sunflower, alfalfa, mustard, garlic, peas, mung and wheat. The varieties are only limited by your supplier. Sprouts can be used in a variety of recipes including stir-fry , sandwiches, pastas, breads, milks, faux meats, hummus, cheeses, cookies, smoothies, salads, soups and drinks to name a few .

Today sprouts are seen much more frequently , on sandwiches and in salads at restaurants, in health and grocery stores. Ideally they should be sprouting in each individual's kitchen. There are many different ways to sprout. They include the jar method, the tray or multi-tray method, sprouting bags, and sprouting baskets. The most important procedure in growing sprouts is to ensure that they are rinsed. The easiest rule of thumb is to rinse them whenever you think of it. Many people are discouraged from sprouting when they discover mold on the tiny plants. Increased rinsing and the use of 35% Food Grade Hydrogen Peroxide will eliminate this problem.



Sproutmaster.com