

Sprouting Seeds

Bean sprouts are used both raw and cooked. They are used in stews and soups, take the place of onions or mushrooms in fried or roasted dishes, or are eaten raw as a salad. Most commercially produced bean sprouts are canned. The most palatable sprouts are those eaten fresh.

- Begin this project on a MONDAY—you will need 5 full days.
- EVERYONE should wash their hands with soap!
- Place two tablespoons of seeds in a jar. You can use any kind of jar (mason jars, baby food jars, small spaghetti sauce jars).
- Add 3 times as much water to the jar (6 tablespoons).
- Cover the jar with a piece of cheese cloth, and secure tightly with a rubber band.
- Rinse the seed 2 times a day—first thing in the morning, and again before children leave for home. Rinsing is very important! It will keep the seeds fresh. Be sure everyone’s hands are CLEAN when you do this.
- Place your jars on their sides in a brown paper bag to keep out the sun.
- Continue to rinse seeds, and place back in the bags—don’t forget to keep them on their sides- for five days.
- Eat your sprouts on day 5. Allow children to take home their jars and share with their families. They should store their sprouts in the refrigerator. They will last about 4 to 5 days.

BEAN SPROUT SALAD

1 lb. bean sprouts	3 tbsp. soy sauce
3 tbsp. balsamic vinegar	3 tbsp. lime juice
2/3 c. salad oil	3 tbsp. green onions, minced
1 tsp fresh ginger, grated toasted	¼ c. almonds, slivered and toasted

Mix everything but the bean sprouts and almonds in a bowl. Pour over raw bean sprouts and mix well. Top with almonds and allow to stand for a few hours in the refrigerator before serving. Serves 8.

For another **yummy snack**, top your favorite crackers with sour cream and onion dip, then sprinkle bean sprouts on top!