

The wonderful world of

SPROUTS

DIY



PURA VIDA

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What are sprouts?

Sprouts are a raw, living superfood germinated from the seeds of various plants. When sprouted, they provide a highly concentrated source of vitamins, minerals, amino acids, fatty acids, chlorophyll and other health-promoting substances unique to each sprout variety.



Living seeds release these nutrients during germination to develop the plant naturally in the early stages of its growth cycle. The concept of germinating seeds from grains and vegetables was first mentioned in ancient India and Southeast Asia.



Definitions

Germinated seeds

Soaking activates the seed and its metabolism, which immediately produces nutrients.

This is not without consequences. The sprout, also called seedling, emerges after cracking the seed coat. At that point, some seeds can already be consumed. Other species, however, still need to germinate further.

Seedlings

The seedling/young plant continues to grow and after some time, depending on the seed, the first stems with leaves appear. With the help of the leaves, the seedling produces further energy and minerals for further growth

Sprouts

In a few days the seed has grown into a seedling, fully equipped with roots, stem and leaflets.



Sprout greens/microgreens

Stems and leaves are called sprout greens or microgreens.

These are grown in growing soil or growing mats. A little more about this later.

03

Advantages of sprouting

First advantage: no green thumb is required.

With the Pura Vida sprout jar, the production of sprouts in your own

4 walls is really very simple.

In addition, sprouts are relatively easy to grow at almost all indoor temperatures throughout the year.

We recommend high-quality, non-GMO organic seeds.

To avoid contaminated sprouts, always use seeds that are specifically labeled for sprouting and certified organic and pathogen-free.



Apart from the fact that sprouts are an easy, cheap and tasty vegetable that anyone can grow, sprouting also has some real nutritional benefits. Sprouts, like all other vegetables eaten raw, protect against acidification of the body.

Among all foods, sprouts have the highest density of vital substances.

- Vitamin A, Vitamin B and Vitamin C
- Calcium & phosphorus, which are important for bone health
- Magnesium, an important mineral for nerves and metabolism
- secondary plant substances, which have anti-inflammatory and antibacterial effects
- essential oils such as mustard oils, which provide the scent of some sprouts and have a digestive and antibacterial effect



The sprouting of legumes, grains and seeds greatly facilitates digestion, because the otherwise incompatible nutrients in these foods are virtually absent in the sprouts.



So if intolerances to certain legumes or grains are known, sprouts could be considered as an alternative rather than to do without them entirely.

04

Sprossen, gesund für Jedermann?

The environment we create for the germination process of the seeds such as high humidity and temperature are also ideal for the growth of microorganisms. It is all the more important that the seeds as the starting material of the sprouts do not contain pathogenic microorganisms.

As already mentioned in advance, the origin of the seeds is very important and really only seeds designated for sprouting should be used



In principle, there is a risk of infection with fungi or bacteria when eating raw sprouts or seedlings. However, this can be minimized by hygienic working conditions and seed origin.

Children, the elderly, pregnant women and persons with weakened immune systems should generally avoid eating fresh sprouts or briefly douse them with hot, no longer boiling water before eating.



Even when stored in the refrigerator, the sprouts continue to grow. Therefore, we always advise to wash raw sprouts thoroughly before consumption.

05

Let's go

In order for the sprout cultivation to be a complete success, the following basic requirements must be met

Hygiene - Mold and bacteria can grow if hygiene is not taken care of

Temperatur - 18°C - 22°C are recommended

Light - Choose a location with indirect sunlight

Humidity - Rinse the sprouts at least 2 times a day. More than that does not harm.

Oxygen - Make sure that the seeds do not completely cover the sieve lid. After rinsing, fling the seeds against the walls by turning or shaking the jar. So they are well distributed and well ventilated



1

Pour 1 - 2 tbsp. of the selected sprout seeds into the cleaned jars and fill with water. Then leave to soak for 8-12 hours. With 12 hours you are always on the safe side

2

After the soaking time, drain the water, rinse thoroughly, drain the water and then place on the draining rack in a bright, not sunny, location.

3

Thoroughly rinse the seeds daily at least once in the morning and once in the evening and drain the water. This prevents the formation of mold. Then place the jar back on the draining rack. Depending on the seed will form small hair roots that can be mistaken for mold

4

Depending on the seed, the harvest takes place after 3 - 8 days. The sprouts can be stored airtight in the refrigerator and should be consumed quickly.



06

Dark seeders

Among the plants there are so-called dark germinators. These are plants whose seeds germinate only optimally in darkness. The germination process is inhibited under the influence of light and can not start or start poorly.

Setting dark germination

Using broccoli as an example, we explain how you can turn even successful dark sprouting seeds into healthy sprouts.

1

Pull the supplied black protective cover over your sprout jar.

Add 1.5 to 2 tablespoons of broccoli seeds to the jar and fill to 3/4 full with lukewarm water, sealing the jar with the regular lid (not the strainer lid).

Now place the jar in a place of your choice for the next 8-12 hours to soak the seeds.



2

After the soaking time, the water is poured off. Then rinse the seeds again with fresh water and this time close the jar with the sieve lid. The protective cover remains on the jar for the next 2 days.

Now place the jar on the draining rack with the opening facing down and rinse with water as usual at least 2 times a day.

3

After 2 days, small white sprouts should have formed. The protective cover can now be removed. The jars can now be placed in a bright place -without direct sunlight. Continue to rinse at least 2 times a day

4

After 3 - 4 days the broccoli sprouts can be harvested



Prevent mold

s already mentioned, hygiene is very important. In addition, the addition of 1/10 radish seeds to the seed used has proven successful. The mustard oil contained therein has an antibacterial and fungicidal effect. Sprouts smell "fresh" and "green". Follow your instincts - If an unpleasant odor emanates from the sprout jars, discard the harvest. Clean the jars thoroughly by hand or in the dishwasher and start over.

Loosen up

To loosen the seeds so that they are not all in one spot, turn the germination jar often after the water has run off.

Seedshells

If you don't like the empty seed coats, simply place the sprouts in a bowl of cold water. The empty hulls can then be skimmed off or will settle to the bottom - depending on the seed.



08

Light or dark

The following seeds are the most common and either light or dark germinators.

Slime forming seeds

Buckwheat, chia, cress, linseed, arugula, rocket, mustard



Slime-forming seeds are not suitable for cultivation in sprouting jars, as they can clog the sieve lid and thus there is insufficient ventilation of the jar.

However, with the drip trays from Pura Vida, they can also be germinated.

Either cut a growing mat to the size of the tray and insert it or fill the tray with organic growing soil and let the seeds germinate on it. The mat and soil must then be kept permanently moist.



Growing mats and growing soil are available in stores in organic quality.

Especially for children, this method of cultivation is very interesting.



Dark seeders

Broccoli, field bean, adzuki bean, amaranth, anise, cauliflower, chickpea, peas

With dark sprouts, the sprouts are kept in the dark for the first few days. This improves the germination rate.

In the case of adzuki beans, peas, chickpeas and broccoli, we have made this observation ourselves.

The maximum soaking time should also be applied here, as the seeds of dark sprouts are usually larger than those of light sprouts.

Light germinator

Alfalfa, amaranth, basil, fenugreek, savory, buckwheat, tarragon, millet, chervil, clover (any, including rose clover, red clover), marjoram, mint, quinoa, rice, celery, thyme

There is nothing to consider here. Soak and go.



Fenugreek - light germination



Originating from India, fenugreek is prepared there as a fully grown plant in the kitchen as a steamed vegetable. The seeds of fenugreek can also be found in curry spices.

fenugreek seeds should be watered for 6-8 hours. In this process, the fenugreek strongly swells.

In the jar it needs 2 - 4 days until harvest.

The sprouts can be eaten raw or steamed. They are digestive and have a positive effect on the liver. The taste is spicy to slightly bitter. The sprouts become more bitter with long germination.



Broccoli -dark germination



Broccoli is a dark germinator. For best results, start the germination process in darkness. See page 11

Broccoli sprouts contain sulforaphane, which is believed to prevent cancer.

Its concentration in the sprouts is many times higher than in the adult plant.

Broccoli is particularly rich in minerals such as potassium, calcium, phosphorus, iron, zinc and sodium and vitamins such as B1, B2, B6, E and especially ascorbic acid (vitamin C) and carotene (provitamin A).



Alfalfa - Light germination



Alfalfa sprouts were called "al-fal-fa" in Arabic

Alfalfa sprouts are rich in vitamins and minerals and very low in calories.

They are versatile, inexpensive and easy to grow, making them an excellent addition to a healthy diet.

They are rich in vitamin K, which is essential for the absorption of calcium by the body.

In addition, alfalfa sprouts contain vitamin C copper, folate and manganese.



Mung beans - Light germination



Mung beans are tiny, green/olive seeds from the legume family (Fabaceae) that originated in South Asia.

The sprouts contain good amounts of B-complex vitamins, especially folic acid , thiamin , pyridoxine, pantothenic acid, riboflavin and niacin.

Mung bean sprouts are also a good source of vitamin C.

Legume sprouts should be blanched before consumption.



This was just a small selection.
There are countless seeds that can be
turned into wonderful tasting sprouts.

There is something for every taste.
What they all have in common is the
enrichment of your diet and the
numerous health benefits of eating
sprouts.

Find out for yourself which ones suit
your taste.

On the following page you will find an
overview of other seeds, soaking times
and germination periods. This is also not
final.

Have fun and stay healthy
Your Pura Vida Team



Übersicht über Keimzeiten

Samen	Einweichen	Keimen
• Alfalfa (Luzerne)	4 Stunden	6-8 Tage
• Amaranth	8 Stunden	3-5 Tage
• Bockshornklee	6 Stunden	3-5 Tage
• Brokkoli	12 Stunden	3-5 Tage
• Erbsen	12 Stunden	3-4 Tage
• Kichererbse	12 Stunden	3-4 Tage
• Linsen	12 Stunden	3-5 Tage
• Mungbohnen	12 Stunden	4-5 Tage
• Quinoa	6 Stunden	6-7 Tage
• Radieschen	12 Stunden	3-5 Tage
• Rotklee	8 Stunden	3-5 Tage
• Schwarze Bohnen	12 Stunden	3-5 Tage
• Sojabohnen	12 Stunden	3-4 Tage



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3 delicious ways to enjoy broccoli sprouts

Broccoli sprouts are an incredibly healthy food that you can grow at home directly with the Pura Vida kit. In the following we want to show you which ways there are to enjoy broccoli sprouts. The suggestions can also be used with all other types of sprouts.

We chose broccoli because it is a dark sprouter, meaning optimal harvesting with the Pura Vida sprouting kit, and because it has a high content of sulforaphane, which is said to have cancer-preventing properties.



Wholemeal toast with avocado, bacon, tomato and broccoli sprouts



Zutaten:

- Wholemeal Toast
- 1 half avocado
- 2 Slices of crispy fried bacon
- Slice of tomatoes
- Broccoli sprouts

Top the toast with the sliced avocado and season with pepper and salt. Hold back on the salt, as the bacon is also salty.

After the bacon, top with tomatoes and finally the broccoli sprouts. The more the better.

Green Smoothie



Zutaten:

- Broccoli
- Avocado, can be replaced by bananas or coconut oil.
- Lemon or lime
- Ananas oder Mango
- 1 glass of water or coconut water
- Spinach or kale

Put the vegetables, fruit and lemon juice in a blender.

Add half the water, close the lid and blend. Check consistency and add more water if necessary.

Enjoy!!!



Broccoli Sprouts Pesto



Zutaten:

- 3 garlic cloves
- 70g broccoli sprouts
- 40g spinach
- 40g hemp seeds
- 20g parmesan
- 1/2 teaspoon salt
- Pepper to taste
- Olive oil until the desired consistency is reached..

First chop the garlic in the blender. Then add the broccoli, hemp seeds, Parmesan, salt and pepper and grind again. Finally, add the appropriate amount of olive oil, depending on the preferred consistency.

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