



Riverton Organic Growers Fact Sheet | [www.sces.org.nz](http://www.sces.org.nz)

## Sprouts in Schools

### Just Add Water

- Sprouting grains, seeds and beans are a valuable in every classroom
- Instant gardening- no digging, tools or soil required
- Can be done indoors even during cold winter days
- Fast harvest- between 2-7 days ready to eat (Good to have while the main school garden is immature)
- Extra nutritious - vitamin and mineral content of fresh sprouts higher than any other vegetable
- Students take responsibility for watering the live sprouts
- Students enjoy eating their own produce so will be willing to give sprouts a go
- Students grow their own healthy snack food by just adding water!
- You can have a constant supply

### Materials required:

- Small glass jar for each child e.g. 400g size
- 'Chux' or muslin cloths (can also get proper mesh lids to fit on jars for sprouting)
- Rubber bands thick and strong
- Second hand dish rack
- Seeds/beans or grains (must be organically grown- many supermarket varieties are now irradiated, heat treated and they wont grow)
- Mung beans, aduki beans, chickpeas, whole lentils, blue peas, whero peas, alfalfa seeds, sunflower seeds and many others can be used.

### Method:

1. Get one tablespoon full of the dried seeds/beans of your choice (Note for example one tablespoon of mung beans makes one cup of sprouts)
2. Pick through them carefully to take out any damaged ones or small stones etc
3. Soak overnight in a jar of water
4. Place square of gauze cloth over opening and fasten with a rubber band
5. Next morning drain it and refill the jar with clean water then leave it on an angle to drip on the dish rack
6. Repeat the last step twice a day until ready.

Can be eaten fresh, added to stir fries and salads.

For more information on gardening, composting and other topics go to [www.sces.org.nz](http://www.sces.org.nz)