



GROWING SPROUTS YOURSELF

GROWING SPROUTS

Lightning fast,
healthy and easy!

TAKE
ONE FOR
FREE





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PROUTS
PROSSEN

What are vegetable sprouts?

Vegetable sprouts are the seed of a plant. They are also known as simply sprouts. Well-known sprouts include bean sprouts and watercress. There are different types of vegetable sprouts:

- **Sprouts:** the first stage, white in colour and no leaves yet
- **Greens:** have grown a bit more, are also called microgreens
- **Cress:** cruciferous greens, a well-known example of which is cress
- **Grasses:** the young plants of grains, such as wheatgrass, which you can easily include in a smoothie

Vegetable sprouts are a tasty seasoning! They give a fresh – sometimes even a bit spicy and crunchy – bite to a dish. You can use them, for example, in a salad or on a sandwich.

Vegetable seeds can be eaten as sprouts, but you can also germinate beans. Bean sprouts are a well-known example of such a germinated bean; this is the sprout of the mung bean. Other beans with which you can do this include (chick) peas, black beans, lentils and soybeans. Always use raw beans and whole peas for this, otherwise it won't work.



The seeds from the Buzzy Sprouting series are organic.

Vegetable sprouts, small but mighty!

Vegetable sprouts are not only extremely tasty, but also very healthy. These 'young' vegetables contain a lot of nutrients at this stage. That makes sense, because the seed still has to grow and needs these nutrients for that. Adding these small vegetables instantly adds carbohydrates, proteins, vitamins, antioxidants, iron and minerals to your meal.

Another big advantage of vegetable sprouts is the ease with which they can be grown. You can grow them at home all year round and they need little space. For example, place them on a kitchen windowsill and you can simply harvest a handful while cooking. You can enjoy most vegetable sprouts a few days after sowing!



Tip: you can make a delicious pesto using basil seedlings! Delicious on a fresh baguette or as a sauce for pasta.



How to sprout vegetables?

There is nothing easier than growing vegetable sprouts. Vegetable sprouts are ready to harvest in no time, so your work will deliver quick results. It's also quite simple. To grow sprouts you don't need soil, not even a garden. You can grow them year round, right on your own windowsill. Here's how to proceed.

What you need:

Seeds, tray or special grow kit, cotton wool or cotton

Procedure:

Step 1: Soak the seeds overnight and rinse them.

Step 2: Place a layer of wet cotton wool or cotton in the tray.

Step 3: Sprinkle the seeds over the cotton wool or cotton.

Step 4: Put the lid on the tray and place it in a bright location.

Step 5: Keep the seeds moist.

Step 6: Harvest the sprouts when they are several inches tall.

Useful aids for growing vegetable sprouts:

You can use a simple tray, but handy aids are also available for growing sprouts. There is, for example, a sprouting tower with space for three layers of sprouts. So you can put your three favourite varieties in it. The grow kit has been specially developed for cultivating sprouts. It is translucent and has good air circulation. You can easily put the tower on the kitchen counter or the windowsill.

Special glass jars are also handy. These jars have a lid with a stainless steel grid, so you can easily rinse the seeds and keep them moist. The jars are not only handy, but also look nice!



Tip: Growing vegetable sprouts is simple and fast! It is therefore also an excellent way to introduce children to 'growing' their own vegetables.

RECIPES

Rainbow tacos with spicy sprouts

This salad mix contains a mixture of delicious sprouts with a kick. It gives a unique flavour to this dish, which is suitable for both lunch and dinner.

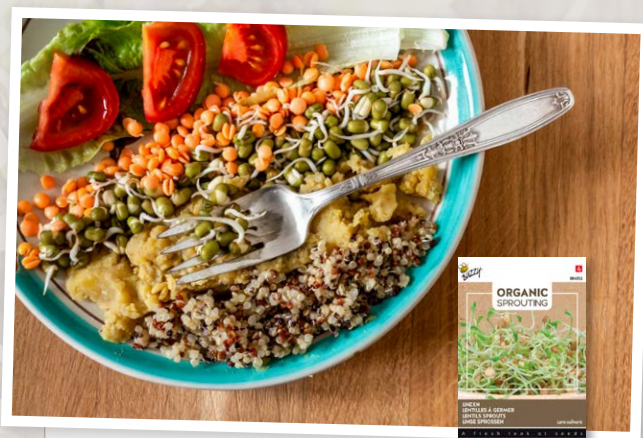
Ingredients

- 2 corn tortillas
- 50 grams of red cabbage, finely chopped
- 50 grams of corn (maize)
- 1 avocado, diced
- barbecue sauce
- a handful of arugula
- 2 tbsp sour cream
- a handful of spicy salad mix from the Sprouting series



Preparation

Toast the tortillas in the pan. Finely chop the red cabbage and cut the avocado into cubes. Fill the still warm tortillas with the various vegetables and garnish to taste with sour cream and barbecue sauce. Top with the spicy sprouts to give your dish a unique taste. Roll up the tortillas and you have a delicious lunch on-the-go.



Quinoa salad with lentil and bean sprouts

You can prepare this salad the night before! So you can be sure that you're able to take a nutritious lunch to work the next day. This salad is bursting with nutrients, thanks in part to the vegetable sprouts. So you'll be ready to get back to work!

Ingredients:

- 150 grams quinoa
- 150 grams yellow lentils
- 1 small gem lettuce
- 50 grams cherry tomatoes
- a handful of lentil sprouts
- a handful of bean sprouts

Preparation

Wash the quinoa before cooking it. Place the quinoa in the pan with half a litre of water and bring to a boil. When it boils, reduce the heat and simmer for 10 minutes. Meanwhile, slice the small gem lettuce and cherry tomatoes. Place everything on the plate and garnish with the sprouts. Add more dressing to taste. A fresh yoghurt dressing goes well with this.

Tip: When using dried lentils, these need to soak for a bit. Let them soak for 4 to 8 hours and then cook for an hour.



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