

Sprouting and microgreens workshop

Led by Rayne Kuntz, Certified Raw Vegan Chef, Instructor and Owner of Sage Plant Cuisine



Living foods - foods alive at the time of consumption, sprouted foods, cultured foods, foods still growing, and/or foods with their enzymes intact

Sprouting:

- Sprouts are germinated seeds
- You can sprout almost any legume, seed or nut - exceptions: chia and flax seeds because they gel and kidney beans contain a toxin, which can make you feel ill
- Nuts like almonds do not actually sprout, but soaking them removes the enzyme inhibitors for better digestion and absorption of nutrients
- Grain can be sprouted, dried and then ground to make sprouted flour (some people with gluten intolerance are able to eat this bread)

Sprouting safety:

- Rinse and fully drain sprouts twice a day to ensure no mold growth

Microgreens:

- Sprouting is the first step
- Plant indoors in a controlled environment
- Harvesting - they are the most nutrient rich when the first leaf pair opens fully and turns green

Microgreens safety:

- They require a lot of light and good ventilation to avoid mold growth

Sprout and microgreens benefits:

- Concentrated nutritional impact
- Research conducted by the University of Maryland found depending on the microgreens, consuming one to three inches you get 4 to 40 times the nutritional content of the full-sized plant.
- Increases digestibility and makes the nutrients more bioavailable
- Increases phytochemicals in the plant –phytochemicals have protective and disease preventative properties
- One ounce of juiced wheatgrass equals about two pounds of leafy green vegetables