

ECOMARINES SPROUTING LEGUMES INSTRUCTIONAL GUIDE



The beauty of sprouting legumes is that the tools required are easily accessible, the process is not very time/energy-consuming and it's a fun and educational process for children AND adults!



What legumes can be used:

- Any legume!

However, these are the easiest dried legumes to use for the sprouting process:

- Chickpeas
- Lentils
- Green peas
- Black beans

Equipment needed:

- Dried legumes
- Mason jars (try reusing old peanut butter jars!)
- Cheesecloth (you could reuse unwanted scraps of cotton fabric, e.g. pillowcase)
- Rubber bands
- **(optional)** drying rack
- **(optional)** airtight container

Instructions:

Step 1. Soak	Add your chosen dried legume to a bowl or a jar and fill with cold water. Ensure that the water is only a few inches above the dried legumes. You can let them soak for ~8hrs or simply leave them to soak overnight – whichever is most convenient for you.
Step 2. Rinse	Rinse the legumes then group them into their different types (e.g. group A: lentils, group B: chickpeas) and place them in jars. Separating the legumes into different types will make it easier to

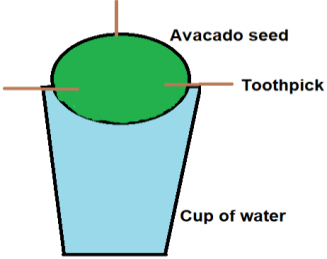
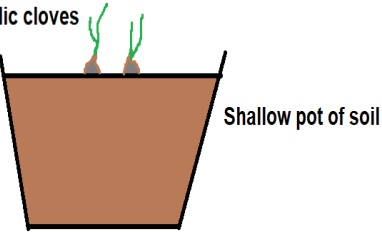
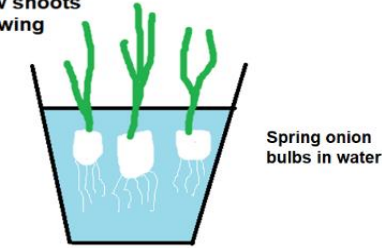
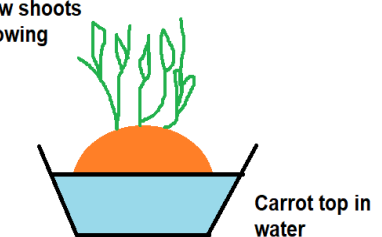
	keep track of which legumes are where PLUS it'll allow the children to see a variety of growth rates amongst them.
Step 3. Drain	Pour out the water from each of the jars carefully. Individually secure a clean cotton cloth over each jar using rubber bands. Angle to jars in a downwards direction to allow any excess water to drip out. This is where the drying rack will come in handy if you have one to your disposal. Make sure you keep your draining legumes away from sunlight!
Step 4. Repeat	Now you'll have to repeat these steps of rinsing and draining the sprouting legumes 2-3 times per day. Continue this repetition for 2-3 days or until the sprouts have reach 1- 1 ½ inches long.
Step 5. Store	Dry sprouts with a clean cloth and set them in an airtight container. You can keep these legume sprouts fresh in the fridge for 2-3 days. Pop them in your salad for some extra crunch!



Sprouting journey submitted to us by the Mini Marines at Goodstarts Early Learning Mount Tamborine

***OPTIONAL: REGROWING PLANTS FROM FOOD SCRAPS**

This is a great way to save money and give some veggies a second chance at life!

Types of Bulbs or Scraps	Growth Process	When to Plant
<p>Avocado seed</p>  <p>Avacado seed Toothpick Cup of water</p>	<ul style="list-style-type: none"> Wash your avocado seed and then stick three toothpicks on each side Place the seed in a jar filled with water so the toothpicks sit on the rim of the jar and half the seed is submerged in water 	<ul style="list-style-type: none"> Roots grow after 4-6 After another few weeks plant your seed in a small pot When seedling forms, re-plant this into your garden
<p>Garlic cloves and Ginger</p>  <p>Garlic cloves Shallow pot of soil</p>	<ul style="list-style-type: none"> Save a few garlic cloves from a bulb Place the cloves root-side down (the flat side) in a small pot of soil Leave the pot in direct sunlight and keep watering the soil when it dries out 	<ul style="list-style-type: none"> Green shoots should appear after a few weeks Chops down roots to grow new bulb New bulb will develop after a few weeks and is then ready for planting
<p>Spring onions, celery, and fennel</p>  <p>New shoots growing Spring onion bulbs in water</p>	<ul style="list-style-type: none"> Save the ends these veggies bunches where the root system grows from Place the end bulbs into a shallow jar of water Keep the jar on a sunny windowsill and keep the water topped up 	<ul style="list-style-type: none"> Roots will develop after a few weeks Wait till new green shoot sprout from bulb tops Plant the bulbs in a pot or garden bed
<p>Turnips, carrots, and radishes</p>  <p>New shoots growing Carrot top in water</p>	<ul style="list-style-type: none"> Save the tops of your root veggies Place these tops into a shallow jar of water Keep the jar on a sunny windowsill Most root veggies will only develop leaves and will rarely grow into a new vegetable, but leaves are still edible and look great in a pot! 	<ul style="list-style-type: none"> New shoots should appear in a few days to weeks Continue leaving the tops in the jar until new leaves begin forming You can then plant the tops when roots form