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Intro: Hanging Sprout Jars

Sprouts are good, nutritious food. The ones shown here are mung bean sprouts. They are raised by just keeping them moist while they develop. No dirt is used. The finished sprouts are eaten roots, stem, and early leaves. I eat them raw, as salad material, but I believe they can also be eaten stir fried, as in Chinese food dishes.

I make wire cradles with handles to suspend the jars in the air with hooks from a pipe. The original pickle jar lids are modified to hold stainless screen which holds the sprouts in while letting them drain off excess water.

It takes about a week to go from seed to ready-to-eat sprouts, moistening the sprouts two or three times a day.



step 1: Cutting the Lid Ring

The lid ring is the outer part of the original jar lid. A circle is cut out of the center of the jar lid by drilling a hole in the metal and then using a "nibbler" tool to cut the circle out of the center.

The nibbler is a tool I don't use much, but for this kind of job it does a very good job. It takes baby bites of the material every time you squeeze the handles.

The wire screen circle gets held to the top of the jar by this ring.

I have a little stainless steel screen material for the screen. It is not a common material and I am not sure what I would substitute for it. A layer of cheese cloth might be able to be held by the lid ring. If not, cheese cloth might be held on just with rubber bands. I would avoid possibly toxic materials such as aluminum screen.



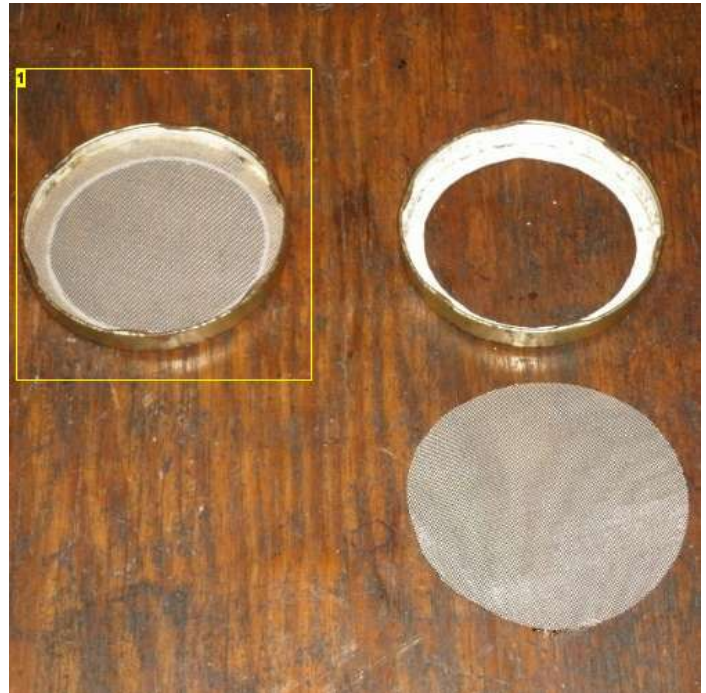


Image Notes

1. The screen is placed in the lid ring.

step 2: The Hanging Wire Cradle

I used two pieces of galvanized iron tie wire about 7 feet long to twist around the jar and make the handle.

First, I twist them around the mouth of the jar (1a,1b), leaving the four ends sticking out, two on each side. I join one from each side of the mouth at the next two twist areas on the sides of the jar (2a,2b). Then, one from each of those pairs gets joined at the next twist area, near the bottom of the jar (3a,3b).

I then take the four wires as two pairs and twist them around each other to make the handle. Start at the top center of the handle, hold them together with pliers, and twist one pair around the other pair. Then twist the other pair around the remaining side of the handle. The ends of the wires end up near the glass. Use pliers to pinch the ends around to eliminate sharp wire ends.

The next step is to chow down! I like them as raw salad material with a little oil and vinegar, or vegetarian mayonnaise as lubricant. I also love a little curry on them.

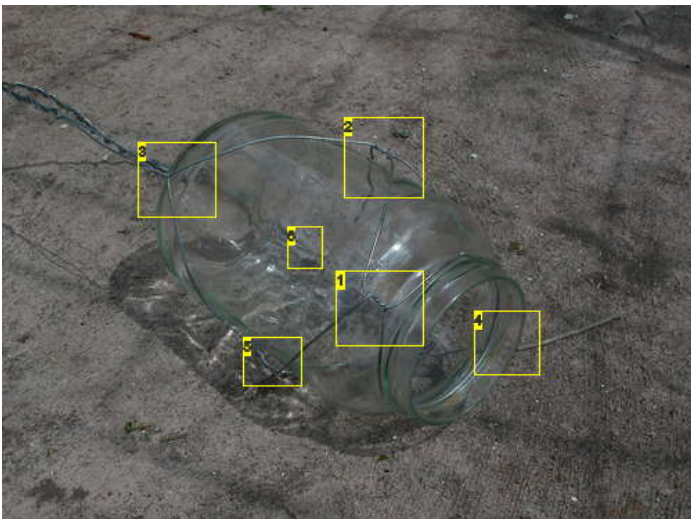


Image Notes

1. 1a
2. 2a
3. 3a
4. 1b
5. 2b
6. 3b



Related Instructables



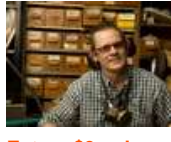
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