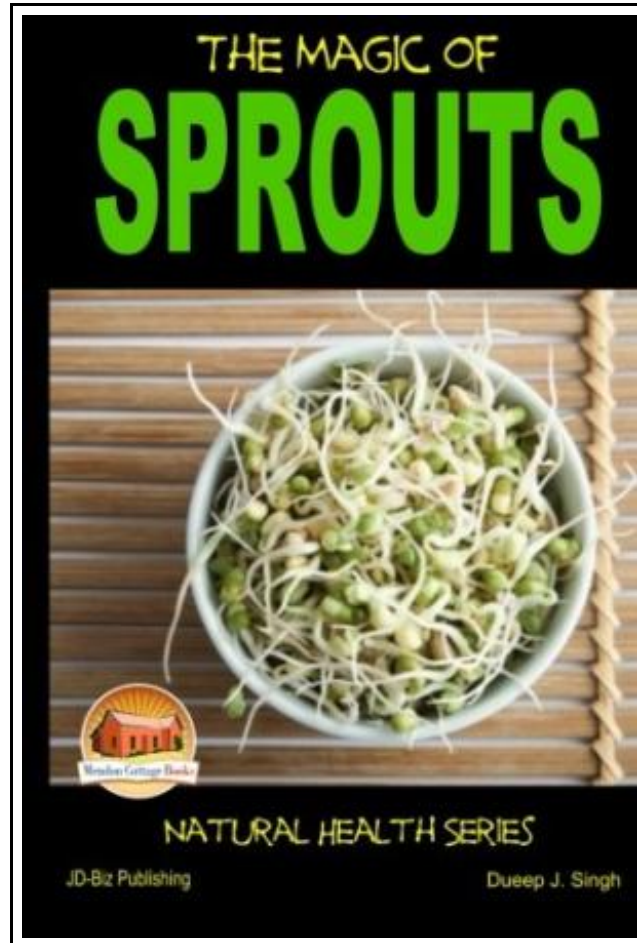


## The Magic of Sprouts



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Magic of Sprouts Table of Contents Introduction The Nutritive Value of Sprouts Suitable Sprouting Seeds How to Use Sprouts Buying Sprouts Why Are My Sprouts Inedible? How to Make Sprouts Sprouting Lentils in Colanders Making a Sprouting Bag Readying Seeds for Germination How to Grow Wheatgrass Sprouts Sprouting the Seeds Beforehand Watering Wheatgrass sprouts/seedlings Harvesting Mung Bean and Rice Pancakes Author Bio Publisher Introduction Nobody is quite certain when human beings decided to make sprouts a part of their daily diet. Not only were they healthy and nourishing, but they are also an unusual contrast to other vegetable and fruit items in matters of texture and flavor. But it is a well-known fact that millenniums ago, people of those cultured civilizations knew everything about adding germinating seeds to their daily diet, and did so regularly. In olden days, people of many such civilizations worshiped the Gods and Goddesses of Harvest by offering them a handful of sprouted grains, before the first spring sowing of the year. So in one way they were appeasing the gods, and asking their blessings for a bountiful harvest. In another way, they were making sure that the seeds that they intended to sow in their lands were capable of producing plants through successful germination! So one could say that two birds were knocked out with just one stone. Sprouting is the process of germination in which seeds, which are edible are allowed to grow into little plants. These are then eaten raw or they are cooked. Sprouting is an integral part of East Asian cuisine, where traditionally nearly every meal had sprouts in some form or the other, either raw or in...

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