



Scientific Inquiry through Plants

Integrating original research, education and scientific mentoring.

Supplemental Materials for Growing and Eating Sprouts

A sample of seeds to that are easy to grow for sprout projects

(a good rule of thumb for the amount of seeds to start with is to use a single layer of seeds on the bottom of your container)

| Sprout | Scientific name | Plant Family | Amount to start with | Soaking Time (in hours) | Sprouting Time (in days) |
|----------------|---|----------------|----------------------|-------------------------|--------------------------|
| Alfalfa | <i>Medicago sativa</i> | Fabaceae | 1 teaspoon | 5-10 | 3-5 |
| Amaranth | <i>Amaranthus cruentus</i> | Amaranthaceae | 1 teaspoon | | |
| Adzuki | <i>Vigna angularis</i> | Fabaceae | 2 tablespoons | 9-12 | 2-3 |
| Chickpeas | <i>Cicer arietinum</i> | Fabaceae | 2 tablespoons | 9-12 | 2-3 |
| Mung | <i>Vigna radiata</i> | Fabaceae | 2 teaspoons | 9-12 | 2-3 |
| Soybeans | <i>Glycine max</i> | Fabaceae | 2 tablespoons | 9-12 | 2-3 |
| Broccoli | <i>Brassica oleracea</i> var. <i>botrytis</i> | Brassicaceae | 1 teaspoon | 9-12 | 2-3 |
| Buckwheat | <i>Fagopyrum esculentum</i> | Polygonaceae | 2 tablespoons | 10-12 | 2-3 |
| Clover, red | <i>Trifolium pratense</i> | Fabaceae | 1 teaspoon | 8-10 | 3-4 |
| Corn | <i>Zea mays</i> | Poaceae | 2 tablespoon | 10-15 | 3-5 |
| Lentils, green | <i>Lens culinaris</i> | Fabaceae | 1 tablespoon | 10-12 | 2-3 |
| Lentils, red | <i>Lens culinaris</i> | Fabaceae | 1 tablespoon | 10-12 | 2-3 |
| Millet | <i>Pennisetum glaucum</i> | Poaceae | 1 teaspoon | 8-11 | 1-2 |
| Oat Groats | <i>Avena sativa</i> | Poaceae | 2 tablespoons | 8-10 | 1-2 |
| Quinoa | <i>Chenopodium quinoa</i> | Chenopodiaceae | 1 teaspoon | 8-10 | 2-3 |
| Rye | <i>Secale cereale</i> | Poaceae | 2 tablespoons | 9-12 | 2-4 |
| Sunflower | <i>Helianthus annus</i> | Asteraceae | 2 tablespoons | 6-8 | 2-3 |
| Wheat | <i>Triticum aestivum</i> subsp. <i>aestivum</i> . | Poaceae | 2 tablespoons | 10 12 | 7-10 |

Nutritional information for selected edible sprouts

Broccoli nutritional value: Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids, Protein: 35%, Antioxidants

Other information? Broccoli sprouts contain about 50 times the amount of antioxidants found in mature broccoli (by weight). Broccoli sprouts are high in the cancer fighting compound Sulforaphane.

Wheat nutritional value: Vitamins A, B, C, E and K, Calcium, Chlorophyll, Iron, Lecithin, Magnesium, Pantothenic Acid, Phosphorus, Potassium, Amino Acids, Protein: up to 30%

Sunflower nutritional value: Vitamins A, B, C and E, Calcium, Chlorophyll, Iron, Magnesium, Niacin, Phosphorus, Potassium, Amino Acids, Protein: 20-25%

Alfalfa nutritional value: Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids, Protein: 35%
Other Information? Alfalfa sprouts contain phytoestrogens, which have been connected with the prevention of menopausal symptoms, osteoporosis, cancer, and heart disease.

Red Clover nutritional value: Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids, Protein: 35%,
Other information? Clover sprouts contain the most significant sprout dietary source of isoflavones, which have proven anti-cancer properties.

Mung Bean nutritional value: Vitamins A, B, C and E, Calcium, Iron, Magnesium, Potassium, Amino Acids, Protein: 20%
Other information? Mung beans are the most consumed sprouts on Earth.

Soybean nutritional value: Vitamins A, B, C and E, Calcium, Iron, Magnesium, Phosphorus, Amino Acids, Protein: 20-25%

Radish nutritional value: Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids, Protein: 35%, Antioxidants
Other information? Radish may have a symbiotic relationship with broccoli. It may increase the soluble antioxidants in broccoli when they are sprouted together. Radish sprouts have ten times more calcium than a potato and more vitamin C than a pineapple.

Barley nutritional value: Vitamins A, B, C, E and K, Calcium, Chlorophyll, Iron, Lecithin, Magnesium, Pantothenic Acid, Phosphorus, Potassium, Amino Acids, Protein: up to 30%

Lentil nutritional value: Vitamins A, B, C and E, Calcium, Iron, Phosphorus, Protein: 25%

Sources

1. http://en.wikipedia.org/wiki/Main_Page
2. <http://postharvest.ucdavis.edu/Produce/ProduceFacts/Veg/seedsprouts.shtml>
3. www.sproutpeople.com