

## Soaking and Sprouting

This activity of “kitchen play” involved soaking nuts and sprouting seeds. Until this activity I had soaked some cashews and used them to make cashew “milk.” I never dehydrated them before. I enjoyed learning about how the process of soaking nuts in warm water

neutralizes the enzyme inhibitors, and helps encourage the production of beneficial enzymes. The enzymes, in turn, increase many vitamins, especially B vitamins. It also makes these nuts much easier to digest and the nutrients more easily absorbed

(Harris, 2008). The recipe I found called for 4 cups of cashews; however, I had only 2 cups of raw cashews, so I halved the

recipe and that was plenty! After dissolving 2 tsp of garlic sea salt in 2 c of filtered water, I added the cashews. I covered them and let them sit for 6 hours. Then I drained them in a colander and then put them on a parchment paper lined cookie pan in the oven on 200



degrees F for 12 hours. I did turn them a bit during the baking time to ensure they were completely dried.



The sprouting activity was done with seeds I had received as a gift. They are from [www.SproutHouse.com](http://www.SproutHouse.com) (Turns out, a little goes a long way! (Pretty sure if we run out of food we could live on sprouts alone for a long while.)

Prior to putting the seeds in a mason jar or a sprouter there is an option to clean them with a chlorine or hydrogen peroxide solution. Commercial production is required to use a “sterilization” technique; however, for home growers it is optional. I prepared a batch by first soaking the wheat berry, broccoli, and bean seeds overnight (10 hours) in a closed mason jar with purified water. Then I rinsed and poured them into the sprouter.

Every 12 hours I rinsed them with water and rotated the sections. This was day 5:





I highly recommend the broccoli sprouts, mostly because they are delicious and easy to grow. They have a radish taste and they also have a very high concentration of sulforaphane, a dietary component of cruciferous vegetables (Nutrition Facts, 2014). It is interesting that the research shows the levels of sulforaphane are highest at 48 hours into the sprouting process. I'm sprouting more now to see if they taste any different at that stage.

I would recommend clients review this quick video on safe food handling for sprouts:

<https://youtu.be/NE9tclz23qI>

#### Reference

Harris, K., (2008, July 18). Soaking nuts. Retrieved from

<https://www.thenourishinggourmet.com/2008/07/soaking-nuts.html>

Nutrition Facts, (2014, June 25) Broccoli Sprouts. Retrieved from

<https://nutritionfacts.org/topics/broccoli-sprouts/>