

Grow
your own
sprouts!



...with seeds of
De Peuleschil



"Sprouting at home, it's easy!"

A growing number of people is discovering the fun of growing your own sprouts. It's not only great to do, sprouts are also an easy way to increase the nutritional value of your daily meals. There is not much needed to get started: a saucer with a layer of cotton wool or a (preserving-) jar with a piece of gauze and a rubber band. That's why it's so easy to do it yourself, regardless your age!

Why choose sprouting seeds from De Peuleschil?

- Our seeds are 100% organic! This means they're free of genetic modification and possible residues of fertilizers and/or pesticides. Especially the latter is important, for the seed remains a component of the sprout and thus will be consumed.
- We test the seeds extensively on quality and germination.
- We only work with seeds that have been proven pathogenic bacteria free by an accredited laboratory.
- Purchasing the seeds in large batches, allows us to offer them at very competitive prices (even compared to non-organic seeds).
- Customer friendly support and good service are our top priority, the consumer can always turn to us for do-it-yourself sprouting advice. We have more than 30 years of experience.

For growing your own sprouts we recommend, depending on the type of seed, the following sprouting-methods: the **jar-method*** and the **saucer-method**. Below the bar code on the '**Doe 't lekker zelf!**' seed-bag (back side) you find the method you need for the seeds you purchased (respectively '*kweekmethode 1*' and '*kweekmethode 2*'). It also shows how long it needs to soak ('*inweektijd*') and the germination period: after how many days your sprouts can be harvested ('*kweekduur*'). A detailed description of both methods is to be found in this brochure and also on our website.

*It is possible to buy a '*starterspakket*' (picture) at our webshop. This package includes two bags of seeds and all the supplies you need for the jar-method ('*kweekmethode 1*'): a jar, a piece of gauze and a rubber band. This method can be used for most of our seeds. This is not only an inexpensive method, but also when performed correctly and with the use of proper seeds, bound to be a guaranteed success. Because this method encourages proper rinsing of the sprouts (unlike many other grow kits) it will prevent them from growing together in a clump. Also, with a jar like this, the excess rinse water can flow away by tilting the pot (see jar-method, item 4), with zero chance of mold.



Growing your own sprouts makes it possible to obtain fresh sprouts very easily. They are not only very tasty and extremely healthy, but it is also wonderful to see them grow...

Have fun, and dig in!



Jar-method ('kweekmethode 1')

This method can be used for the following types of seeds and beans:

Adukibonen (Adzukibean), **Alfalfazaad** (Alfalfaseeds), **Berglinzen** (Red lentils), **Brassicamix**, **Broccoli** (Broccoli seeds), **Chinese Preizaad** (Chinese leek seeds), **Dupuislinzen** (French lentils), **Gierst kiemzaad** (Millet seeds), **Groene Erwt** (Green peas), **Groene Linzen** (Laird lentils), **Kiemijs**, **Koolraap-/meiraapzaad** (Salad rapeseeds), **Radijszaad** (Daikon redish seeds), **Rode Koolzaad** (Red Cabbageseeds), **Sangozaad** (Sango seeds), **Taugébonen** (Mung beans), **China Rose**, **Red Clover**, and **Tarwegraszaad** (wheat grass seeds, for wheat sprouts germinated shortly).

What you need: (preserving-)jar, piece of gauze, rubber band.

1. Put 1 to 2 tablespoons of seeds in a jar, then add lukewarm water.



2. Attach the gauze with the rubber band over the jar.



3. Pour the water out after the indicated soaking time, rinse the seeds, and pour the water out again.



4. Put the jar away at room temperature, tilted in a colander, rack or tray. It is important that there is no retaining water (to avoid mold), the water that remains on the sprouts is enough to keep the germination process in motion. Also make sure that the seeds/sprouts don't cover the gauze completely, because it is important there is sufficient air supply. Therefore, spread out the seeds/sprouts after each rinse. Do not put the jar on a heater!



5. Rinse the seeds/sprouts during the indicated germination time 2 or 3 times a day. Shake the sprouts well while rinsing. Put the jar back on its place, again in a tilted way.



Water in the jar, rinsing and shaking



Drain the water, put back tilted

6. After (or during) the last rinse, place the sprouts in a large bowl of cool water and stir them around to loosen hulls and skins from the seeds (this is an optional step). They'll usually float to the surface so you can remove them. Drain the sprouts well and let them air dry for about a night before consuming. Store them in the refrigerator for at most a week to 10 days, depending on the seed type.



Wash and let them air dry

- Keep the sprouts at room temperature during the growth process, and avoid drafts.
- The germination process thrives in the natural rhythm of day and night. During the day, the light creates chlorophyll formation, stimulating vitamin C production. But since daylight inhibits growth, the growth spurt takes place at night. Mungbean sprouts ('*Taugé*') are preferably grown in the dark, as sunlight creates discoloration and undesirable formation of leaves and excessive roots.
- Some kinds of sprouts, for example daikon ('*radijskiemen*') and sango, can form root hairs that look like mold. This indicates a lack of water, but is completely harmless.
- When the growing period has ended, keep the sprouts sealed in the refrigerator (max 7 °C), but not airtight. This continues to be a 'living' product, that should be able to "breathe".
- Store the bag with seeds at a dry and dark place.



Saucer-method ('kweekmethode 2')

This method can be used for the following types of seeds:

Mosterzaad (Mustardseeds), **Rucolazaad** (Rocketseeds), **Tuinkerszaad** (Gardencressseeds), **Tarwegraszaad** (Wheatgrass seeds for wheatgrass and wheatgrass-juice) and **Zonnebloempitten** (Sunflower seeds)*.

* With sunflower seeds a significantly better outcome is obtained by presoaking them for about 12 hours in water. This applies not for the other kinds of seeds, since they would form a layer of mucus around the seeds, making germination impossible.

What you need: saucer, cottonwool (unscented and not too fluffy).

1. Cover a saucer or dish with a layer of cottonwool, and moisturize it. Press most of the water out (keep the saucer tilted), and form a smooth surface by pressing the cotton.



2. Spread about 1 to 2 teaspoons of seeds on top of the cotton. Prevent layering of seeds. (Piles of seeds can form clods.) Press the seeds lightly, and divide them over the surface.



Put the dish away at room temperature. Make sure it gets plenty of daylight, but avoid letting them dry out in the sun.



3. Make sure that the layer of cottonwool stays moist during the germination period (indicated at the back of the seedbag).



Add water and drain again

4. When the germination period has elapsed, cut the required parts of the sprouts as low as possible. Your sprouts are now ready for consumption. The dish with the remaining sprouts can be stored at room temperature. This can be eaten for a few days. (They even keep longer if you put them in the refrigerator.)



Our range of seeds

Adzuki beans ('Adukibonen') are legumes originating from Asia that have a slightly sweeter taste than other legumes. The germinated beans have diuretic properties, and are therefore excellent within a weightloss diet. In Japan this legume is known for its healing effect in kidney and bladder infections.

Method: 1 / Soak time: \pm 12 hours / Germination period: \pm 4 days



Mungbeans ('Taugébonen') provide the most well-known sprouts, namely bean sprouts. Earlier this bean acquired fame as vitamin C provider to counteract dreaded scurvy. Bean sprouts can be processed in both hot (Asian) dishes and in cold dishes. It is recommended to parboil them for a minute before you eat them in a cold dish/salad. This also improves the taste.

Method: 1 / Soak time: \pm 10 hours / Germination period: \pm 4 days



Green peas ('Groene erwten') can be cooked, but can also very well be germinated. They are excellent to use in soups and other hot dishes. The sweet taste is created by the enormous increase of simple, easily absorbable sugars.

Method: 1 / Soak time: \pm 10 hours / Germination period: \pm 4 days



Laird lentils ('Groene linzen') are larger than the Red and French lentils ('Berglinzen' and 'Dupuislinzen'). They are used in soups, hot meals and salads.

Method: 1 / Soak time: \pm 10 hours / Germination period: \pm 4 days



Brassicamix is a mix of broccoli-seeds, red cabbage-seeds and saladrape-seeds. Germinated Brassicamix contains substances (glucosinolates) which play a role in preventing cancer and heart and vascular disease. We have compiled this mix for the presence of different types of glucosinolates in the various brassica species. Germinated brassicamix can be used for example in salads and cocktail snacks. Due to the beautiful color composition, it is ideal to use as a garnish.

Method: 1 / Soak time: \pm 6 hours / Germination period: \pm 5 days



Broccoli belongs to the Brassicaceae family, the family of brassica. In numerous studies provided in recent years, it has been found that the sprouts of brassica, and in particular broccoli sprouts, contain substances (glucosinolates) that play a role in the prevention of cancer and heart and vascular disease. Broccoli sprouts can be used as a spread, in salads, in stew, or added to soup.

Method: 1 / Soak time: \pm 6 hours / Germination period: \pm 5 days





French lentils ('Dupuislinzen') are small blue-green lentils. As sprouts they are a very healthy and tasty ingredient for salads. In lentil dishes lentils can often be easily replaced by sprouted lentils.

Method: 1 / Soak time: ± 6 hours /
Germination period: ± 4 days



Red lentils ('Berglinzen') are extremely healthy, and germinated they are (like most sprouted lentils) rich in iron. For example they can be used in salads but are also great to be used in hot dishes.

Method: 1 / Soak time: ± 6 hours /
Germination period: ± 4 days



Seed-mix ('Kiemmix') is a mixture we made of alfalfa seeds, French- and red lentils, and daikon seeds. This mix of flavors is very spicy but still has a certain freshness. These Mixed Sprouts can be used in salads, etc. but are also delicious in addition to a cheese sandwich combined with cucumber and tomato.

Method: 1 / Soak time: ± 6 hours /
Germination period: ± 4 days



Alfalfa literally means "father of all food," and is the name for the germinated seeds of lucerne. Alfalfa has a very fresh bite, and can be eaten in large quantities due to the neutral taste. Alfalfa is very suitable for raw salads but can also be used in hot dishes. Try some alfalfa on your pancake with syrup!

Method: 1 / Soak time: ± 6 hours / Germination period: ± 4 days



Daikon radish ('Radijsaad') gives delicious fresh green/yellow sprouts. The taste is spicy, and combines very well with cheese. Also excellent in salads.

Method: 1 / Soak time: ± 6 hours /
Germination period: ± 3 days



Sango delivers a very beautiful red purple sprout. Its taste is similar to that of the radish sprouts (daikon), but is somewhat more peppery. Because it looks pretty it's perfect as a garnish, but also delicious on a sandwich.

Method: 1 / Soak time: ± 6 hours /
Germination period: ± 4 days



Chinese Leek ('Chinese Preizaad') as a sprout has a very special leek-garlic flavor. Because of their beautiful green color these sprouts are ideal for decorative use. Chinese Leek sprouts are a great addition to salads, but are also suitable to be added to a hot meal or soup just before serving. Also delicious on a baguette with brie or cream cheese.

Method: 1 / Soak time: ± 6 hours /
Germination period: ± 10 days



Saladrape belongs, also as the broccoli and red rape, to the Brassicaceae family. It contains glucosinolates, just like other brassica. The taste of germinated saladrape is, as expected, typical cabbage-like.

Method: 1 / Soak time: ± 6 hours /
Germination period: ± 5 days



Red Cabbage belongs, just as the seeds of broccoli and saladrape, to the Brassicaceae family. The germinated seeds provides a wonderful purple sprout on whose taste is typical cabbage-like and slightly sweet. The beautiful color is an ideal ingredient for example a salad.

Kweekmethode: 1 / Inweektijd: ± 6 uur /
Kweekduur: ± 5 dagen



Mustard can be used for different purposes. The seeds can be used for making vinegar or as a spice. But you can also grow it into tasty spicy sprouts. Lovely to add to a salad, or combined with toppings and spreads.

Method: 2 / Soak time: N/A
Germination period: ± 6 days



Gardencress is probably known by most people. Perhaps you tried growing these seeds on a saucer in kindergarten. It has a distinct spicy, slightly sharp flavor and is a delicious addition to a sandwich with cheese or other dairy spreads.

Method: 2 / Soak time: N/A
Germination period: ± 6 days



Rocket gives a spicy sprout with a nutty flavor. Delicious in a salad or on toast with cream cheese.

Method: 2 / Soak time: N/A
Germination period: ± 6 days



Sunflower seeds deliver sprouts which are excellent for use in a salad or cold pasta. They have a nutty taste. Remove the black seed covers before consumption!

Please note that you need to use sprouting method 2, however:

- first soak these seeds for 12 hours
- use spoons instead of teaspoons

Method: 2 / Soak time: ± 12 hours / Germination period: ± 7 days



www.depeuleschil.nl

Also try our new seed varieties:

Red Clover is a kind of seed that is similar to alfalfa, but with a more pronounced flavor. This sprout also is very fresh, and neutral enough to be eaten in large quantities. Red Clover contains a high concentration of isoflavones. In recent years, products with this substance are mainly known for their positive effect on prostate problems and menopausal symptoms (such as hot flashes).

Method: 1 / Soak time: ± 6 hours / Germination period: ± 5 days



Millet ('Gierst') is a lovely little grain that is really good to germinate as well. It is the second type of grain we offer as a seed, and like the wheat grass millet it is also very suitable to use as a sprout. They are very healthy and can be added to many dishes. The crunchy millet seeds, which have a mild, slightly bitter taste, really add an interesting variety. (Millet is gluten free!)

Method: 1 / Soak time: ± 6 hours / Germination period: ± 7 days



China Rose, once germinated, is an attractive looking sprout, with purple-red and green color tones. The sprout is not only very beautiful to look at but also has a delicious flavor. Deliciously tangy, yet different from the other spicy sprouts like radish/daikon and sango. Good to combine with young (cream) cheese, and of course for decorative use in salads.

Method: 1 / Soak time: ± 6 hours / Germination period: ± 4 days



Also in our range of products:

Wheat grass seeds are mainly used for the production of wheat grass,* with the goal to squeeze the juice out of the grass and processing it in for example a smoothie. Less well known is that you can germinate the seeds shortly. The obtained wheat sprouts have a sweet taste, are like the juice extremely healthy, and are a delicious addition to fruit salads for example. They can also be ground into flour and used to bake a tasty sweet bread (use the same part 'normal' flour.) Wheatgrass (juice) and wheat sprouts have a cleansing and detoxifying effect.



*Because wheatgrass is difficult to digest, it is preferred to use the juices only, by pressing or chewing.

For the production of wheat grass with the aim to use the juice you need to spread the seeds (after soaking them for about 8 hours!) on a saucer with cottonwool (saucer-method/'kweekmethode 2'). For the production of wheat grass sprouts you need to use a jar (the jar-method/'kweekmethode 1').

Note: wheat products contain gluten, and should be avoided by people with gluten allergies.

Germinated sprouts:
Method: 1
Soak time: ± 8 hours
Germination period: ± 3 days

Wheatgrass:
Method: 2
Soak time: ± 8 hours
Germination period: ± 7 days

For all questions you have,
for all great ideas, or just
to share your
sprouting stories...
Contact us!



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