

Cathy's Corner: Sprouts

"Verily, verily, I say unto you, Except a corn of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit." John 12:24

"By the casting of the grain into the soil, Christ represents the sacrifice of Himself for our redemption. [John 12:24 quoted.] In accordance with the law of the vegetable kingdom, life will be the result of His death.

"And all who would bring forth fruit as workers together with Christ, must first fall into the ground and die. The life must be cast into the furrow of the world's need. Self-love, self-interest, must perish. But the law of self-sacrifice is the law of self-preservation. The seed buried in the ground produced fruit, and in turn this is planted. Thus the harvest is multiplied." COL 86

Is it any wonder that God used the seed to illustrate the new life in Christ? Seeds contain living elements that cause them to grow with the addition of water and elements found in the air. We can add good nutrition to our daily diet by adding sprouted seeds, such as alfalfa, parsley, radish, sunflower, sesame, rye, rice, corn, oats, millet, lentil, soy bean, pea, garbanzo and mung beans.

For instance, alfalfa sprouts are the most nutritious of all sprouts. Research authorities tell us that alfalfa contains eight essential enzymes. No other single plant life in the vast vegetable kingdom contains so many health giving properties. When the little alfalfa seed is sprouted, chlorophyll begins to develop which aids in the formation of digestive enzymes. Alfalfa, containing the entire B complex, utilizes completely its own amino acids.

Legumes (including peanuts) are hard to digest and assimilate for many people, due to a high concentration of protein and starch, and low moisture content. Sprouting transforms them into high quality nourishment.

Seed sprouts are the most alive food we can eat. Often we struggle to ensure proper nutrition due to the devitalized and refined food products on the market today. But seeds, properly prepared, can play a great part in supplying important nourishment that many bodies are starving for today. Seeds, legumes, and grains are economical and can be sprouted year round in any part of world.

Sprouts may be liquefied in water, tomato juice, or nut milk in the blender to make a nutritious beverage, or added to casseroles, patties or gravy. Sprouts may be mixed in breads, using them whole or ground. Bean sprouts used as a main dish are very good with chow mien, burgers, or as cooked lentil or garbanzo sprouts. Sprouting reduces the cooking time (to about 30 minutes) for difficult to cook beans such as garbanzos and soy beans.

An Easy Way to Sprout:

Place seeds or grain in a glass jar and cover with water. Soak overnight;

Next morning, pour out water, rinse seeds with fresh water & drain, using a screen or nylon netting over mouth of jar. After rinsing, leave jar tilted so it will drain. Roll jar to spread out seeds.

Repeat process 2-3 times every day.

When sprouts reach desired length ($\frac{1}{4}$ to $\frac{2}{3}$ inch for most; alfalfa up to 2 inches), place jar in sun (not hot, direct sun) to develop chlorophyll and other nutrients.

Store in refrigerator, and enjoy!

Sprouts

Garbanzo Loaf

Mash with fork: 5 or 6 cups cooked garbanzos

Add:

½ cup peanut butter

1 ½ cup bread crumbs

1 chopped onion

1 can chopped black olives

Salt to taste

¼ cup sesame seeds

Mix all ingredients together and top with sesame seeds. Bake @ 400 for 30 minutes. For tasty treat, thicken garbanzo juice for a yummy gravy.

Sunflower Seed Dressing

Blend until thoroughly smooth:

1 cup sunflower seeds

1½ cup water

Add:

1 tsp salt

1 tsp Nutritional Yeast

2 garlic cloves

1 tsp onion powder

¼ tsp dill

Add lemon juice (to taste)

Blend until very smooth. Add more sunflower seeds if not thick enough. Chill before serving. Enjoy!

Mushroom Burgers

1 lb finely chopped mushrooms

½ cup ground sunflower seeds

1 cup cooked lentils

1½ cup fine ground oatmeal

½ cup tomato-vegetable juice

½ cup chopped celery

1 chopped onion

1 Tbs Egg Replacer

Sprouts

2 tsp Nutritional Yeast

2 tsp carob powder

Salt to taste

Grind all ingredients in food processor; add mushrooms last & be careful not to puree. Let sit for 20 ins.
Form patties; bake @ 350 for 25 mins, turning once.