



# Super Sprouters using reclaimed materials

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**BELIEVE IN  
THE POWER OF  
SMALL ACTIONS**



# What are 'sprouts'?



**Sprouts are tiny germinated plants that have begun to grow from the seeds of vegetables, beans and grains**

## **Sprouts are quick and easy to grow**

**The first sprouts (root and first leaves) appear from the seed after a few days. They're ready to eat in under a week.**

- You can grow them on a windowsill without soil
- They are cheap to grow and tasty to eat!
- You can grow sprouts any time of year
- A great way to repurpose plastic things before they reach the recycling bin





# HOW TO MAKE AND USE A SPROUTER

**1.**  
Soak your beans  
/ pulses / veg  
seeds of choice  
in water  
overnight

**2.**  
Find a clear jar  
or tub. Make a  
lid with lots of  
holes in. You  
can use old,  
material or foil

**3.** Drain your  
beans/  
seeds/pulses  
& put in the  
jar

**8.**  
Wash out your  
sprouter and  
repeat steps for  
endless sprouts



**4.**  
Secure the lid  
with an elastic  
band, string or a  
pipe-cleaner

**7.**  
After 4-5 days the  
sprouts will be big  
enough to eat.  
Enjoy in salads,  
stir-fries,  
sandwiches etc.

**6.**  
Rinse the sprouts  
with fresh water  
every day, drain.  
Don't let them  
dry out

**5.**  
Put on a  
windowsill  
& watch



# What can I sprout?

There are lots of different things that you can grow in your sprouter including alfalfa, broccoli, lentils, fenugreek, radish, beans & peas.

Sprouts are packed with vitamins and minerals



Mung beans are our favourite things to sprout. You can buy them from the RISC Global Refill Shop!

Peas, beans and lentils shipped from overseas produce 2.1KG of CO<sub>2</sub> for every KG of produce. Growing our own food reduces our carbon footprint

<https://www.bbc.co.uk/food/articles/carbon>

In other languages, mung beans are also known as maash (Persian, Kurdish: ماش); mūng (Hindi: मूंग); mūṅ (Bengali: মুগ)



'Sprouts' need light to start turning green & developing their nutrients





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EDIBLE  
READING**

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