



SPIRALSEED A PERMACULTURE GARDEN IN YOUR KITCHEN

The kitchen can be a 'garden' in its own right, using minimum space to produce intensively grown, nutrient rich crops all year round. Seeds or beans can be sprouted on a window ledge or shelf. Run a small handful of seeds under a tap and place them in a vessel such as a jar or sprouter. Maintain at room temperature and drain well to avoid waterlogging.

Bean, Grain or Seed	Optimum Sprout Length	Days to Sprout	Nutritional Value	Comments
Alfalfa	1" / 2cm	3-5	Vitamins A, B2, C, D, E, niacin, minerals inc. iron, magnesium, amino-acids, chlorophyll	Described as 'a complete food'. Exposing to indirect sunlight helps to develop chlorophyll. Shoots can be eaten when long or short
Broccoli	½" / 1cm	3-5	Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids, Trace Elements, Antioxidants, Sulforaphane	Said to stimulate the body's natural defences against cancer
Cress	1" / 2cm	6-8	Vitamins A, B1, B2, B3, C, D, niacin, potassium, calcium, iron, phosphorous	Good companion to mustard, eg as grown on damp kitchen towel
Chick pea	½" / 1cm	2-4	Vitamins A, C, amino acids, carbohydrate, fibre, minerals inc. calcium, magnesium, potassium	Pre-sprouting will reduce cooking time. Sprouts will go bitter if left too long
Fenugreek	½" / 1cm	2-3	Lymph, blood and kidney tonic. Vitamins A, C, iron and phosphorous	Strong spicy aroma. Best eaten mixed with other sprouts. Goes bitter if left too long
Green lentil	½" / 1cm	2-3	Vitamin C, iron, amino acids	Good in sprout mixes
Mung bean	1" / 2cm	3-5	Vitamin C, iron, amino acids, potassium	Sprout under pressure (eg, place a weight on top) to produce crisp white 'bean shoots'
Mustard	1" / 2cm	2-7	Said to clear sinus congestion. Vitamins A, C, minerals and chlorophyll	Good companion to cress, eg as grown on damp kitchen towel
Pumpkin	½" / 1cm	1-2	Vitamin E, amino acids, essential fatty acids, phosphorous, iron, zinc	Use hull-less cultivars. Seeds will swell rather than sprout
Quinoa	1" / 2cm	1-2	Vitamin B, E and amino acids	Rinse well to remove bitter saponins. Has pleasant nutty flavour
Radish	1" / 2cm	2-5	Said to cleanse and heal mucus membranes. Vitamin C, potassium, chlorophyll	Strong shot flavour. Best eaten mixed with other sprouts.
Red clover	1" / 2cm	2-5	Blood cleanser, vitamins A, C, minerals and trace elements	Similar to alfalfa
Sunflower	Until first 2 'leaves' (cotyledons, not true leaves) form	1-6	Vitamins B, E, amino acids, calcium, phosphorous, iron, magnesium, potassium	Use hull-less cultivars. Good 'indoor green'. Will go bitter if true leaves allowed to form
Wheat	½" / 1cm	2-3	Vitamins B, E, amino acids, essential fatty acids, magnesium, potassium	Good for juicing. Will go tough and stringy if left too long

For more information See The Vegan Book of Permaculture by Graham Burnett, www.SpiralSeed.co.uk