

# Container Gardening

Teri Ebert, April 29, 2017

## Container Gardening

### 1. Containers

\*Any container can be used for container gardening if it has holes for drainage. Drainage becomes very important during rainstorms when containers fill up.

\*Lettuce and greens do well in shallow trays and window boxes.

\*Seedlings sprout and thrive in shallow trays where it is easier to keep the soil moist. Multi-celled starter trays work well for keeping seedlings separated. You can also sow seeds together in a tray then gently separate the seedlings from each other when it is time to transplant. Plastic containers from grocery products make great trays for starting seeds. Use a drill or hammer and nail to make holes in the bottom of the containers.

\*Plastic covers are helpful for keeping soil moist as seeds are sprouting. You can also use clear plastic wrap over a tray until sprouts begin to appear.

\*Transplant the seedlings into increasingly larger containers as they grow. I usually move them from starter tray to 4-inch pot to final large pot.

\*Self-watering pots have a built-in reservoir.

\*Label plants with popsicle sticks or plastic knives (which never get used as quickly as the forks and spoons in the combination cutlery packages ☺).

\*Larger plants like tomatoes and cucumbers will need stakes, cages, or trellises for support. Use twine to gently tie the stems to the support.

#### Container Sources

Starter trays and covers: Carpenter Seed (1030 S State St, Provo, UT)

Window boxes and self-watering pots: Home Depot, Lowes, Walmart

### 2. Soil

\*Garden soil can be used for container gardening, but it is very prone to compacting. Be sure to sift it to remove rocks and then combine it with organic material.

\*A good quality commercial potting soil works well for starting seedlings and is sufficient for growing many vegetables.

\*Lettuce and greens have shallow roots and a short life cycle and do very well in commercial potting soil.

\*Larger plants with extensive roots and a longer life cycle will grow better in a soil mix that includes extra organic material to keep the soil from compacting, such as peat moss or sawdust.

\*Perlite and vermiculite are often added to soil mixes to improve aeration and help retain moisture. (Perlite and vermiculite are mined from volcanic deposits.)

\*Teri's favorite potting soil mix

1. Combine 2 parts sawdust and 1 part sand, then

2. Combine 1 part sawdust/sand mixture and 1 part potting soil.

\*Potting soil mixes can be recycled by adding more amendments (perlite, peat moss, sawdust mixture) and fertilizer.

#### Soil Sources

Dry Nest Pine Bedding (sawdust, 40 lbs.): IFA

Sand, peat moss, perlite: Home Depot, Lowes

### 3. Plant varieties

\*The easy way to garden in containers is to buy seedlings from a nursery.

\*Choose varieties that are more compact for container gardening. Greenhouse varieties work well in containers.

\*Leaf lettuce and other greens like chard, spinach, and kale are cut-and-come-again plants that make it easy to quickly harvest greens from your patio. Greens must get sufficient light without too much heat.

\*Smaller cucumber varieties are available that don't require tall stakes.

\*Cherry tomatoes and smaller tomato varieties like Romas do well in containers. New dwarf varieties are very small but produce a lot of tomatoes. Larger tomato varieties will need at least a 5-gallon pot. Choose determinate varieties that produce for only one season and grow as compact bushes. (Indeterminate varieties are perennials and can grow to be very tall.) Be sure to prune tomato plants by pinching off the suckers that grow in the joints, or "armpits," to limit foliage and encourage the production of fruit. When a tomato plant has grown as tall as you wish, cut off the center stalk.

\*Combine shorter plants with taller plants to make full use of the container growing area. Leaf lettuce combines well with tomato plants.

\*Seed packets will indicate the days to harvest so that you can choose varieties with shorter growing seasons.

#### Seed Sources

Baker Creek Heirloom Seed Company ([rareseeds.com](http://rareseeds.com))

Burpee Seeds ([burpee.com](http://burpee.com))

Mountain Valley Seed Co. ([mvseeds.com](http://mvseeds.com))

Thompson & Morgan ([thompson-morgan.com](http://thompson-morgan.com))

Carpenter Seed (1030 S State St, Provo, UT)

#### Seed favorites

Gourmet Blend—Burpee lettuce

Ching Chang Bok Choy

Bush Pickle

Patio Tomato, Window Box Roma, Bonny Best Tomato

St. Valery Carrot

### 4. Light

\*Long, fluorescent, grow-light bulbs provide the needed red and blue light frequencies for plant growth. Bulbs will last for two seasons and are readily available as "plant and aquarium lights." Shop light fixtures are the most effective, especially the 4-foot fixture with a metal back that reflects the light back toward the plants. They can be hung from adjustable chains. If you use

long fluorescent plant bulbs (40 watts), the fixture needs to be placed within inches of the plants

\*Compact fluorescent grow-light bulbs (CFL) are available as blue (~6500K) and red (~3000K) spectrum bulbs. Either 65 or 85 watt bulbs are sufficiently bright, but be careful that the seedlings don't get too close or the leaves will burn.

\*LED lights are twice as efficient as fluorescent lights. They use four times the energy of a large CFL but produce eight times the light. One high-intensity LED fixture (300 watts) costs about \$13 per month to operate 16 hours a day. The fixture can be placed 18 inches above the plants.

\*To start seedlings indoors, begin with 12-14 hours of light (especially blue spectrum) while the plants are sprouting and developing leaves.

\*Use a timer to automate the chore of turning the lights on and off. Select a timer that has a three-pronged, grounded cord because you are using it around water.

\*Once moved outdoors, plants need 6-8 hours of sunlight.

\*Plants that don't get enough light will show signs of etiolation, or tall, spindly growth that searches for the sun.

#### Light Sources

4-foot shop light fixture, long fluorescent bulbs (Phillips Soft White for Kitchen and Bath T8; Phillips Daylight Deluxe T8), single bulb clamp fixture: Home Depot

Compact fluorescent bulbs, blue (~6500K) and red (~3000K) spectrum: BulbTown.com

High-intensity LED fixture (300 watts): Galaxyhydro (amazon.com) <http://amzn.to/2oPPD2Q>

#### 5. Heat

\*Seedling heat mats can warm the soil and help seeds sprout more quickly.

\*Plant lights give off heat as well as light. Be careful not to burn the plants.

\*Some plants, especially greens, prefer light with cooler temperatures. Too much direct sunlight can cook a plant right through a window.

\*Too much heat can also cause a plant to flower too soon. Watch out for heat vents that are frequently located near windows. (Magnetic vent diverters are easy to attach to redirect the warm air.)

\*Some plants, such as tomatoes, flourish with light and warmer temperatures.

\*Seedlings grown indoors must be "hardened off" as you transfer them to the outdoors. Take them outside for gradually increasing periods of time until they have adjusted to the new environment.

#### 6. Water and Fertilizer

\*Test the moisture in the soil by poking your finger into the soil.

\*Water container plants at least every other day in cooler weather, every day in summer heat.

\*Yellowing along the edges of the leaves is a sign of over-watering.

\*Teri's favorite watering can—a ketchup bottle with a squirt top. A 36-oz. bottle holds just over one quart of water.

\*Container plants are dependent on fertilizer for their nutrients. Plants need 13 minerals from the soil.

Major nutrients: nitrogen, phosphorus, potassium (N-P-K)

Secondary nutrients: calcium, sulfur, magnesium

Trace nutrients: zinc, boron, manganese, iron, copper, chloride, molybdenum

\*Commercial powder, such as Miracle-Gro: 1/16 tsp. to 1 qt. water once a week.

\*Organic fish fertilizers are available, but they smell fishy. Liquid kelp is organic but smells better. Mix 1 tbs. per gallon of water.

\*"Pre-plant" fertilizer (Mittleider) can be added to the potting soil mixture before planting to supply nutrients the plants need only once.

See Mittleider chart for ingredients.

To 28 c. potting soil mixture, add 3 tbs. pre-plant fertilizer plus 1½ tbs. Weekly Feed fertilizer.

To 1½ 5-gallon buckets of sawdust/sand mixture, add 12 tbs. pre-plant fertilizer and 6 tbs. Weekly Feed fertilizer.

\*Mittleider Magic “Weekly Feed” is often called “the poor man’s hydroponics” because it provides all the nutrients that plants need, but it’s applied to the soil mixture instead of bathing the roots. One 25-lb. bag (\$29) will feed an average garden for one season.

\*“Constant feed” fertilizer (Mittleider): For regular watering of container plants, add 2 tsp. Weekly Feed to 1 gallon water, or 3 tbs. Weekly Feed to 5 gallons water.

#### Fertilizer Sources

\*Garden lime (for acidic soil): Home Depot

\*Gypsum (for alkaline soil): Laura Kay’s Garden Center (1066 State Rd 198, Salem, UT)

\*Boron: Twenty Mule Team Borax

\*Mittleider Weekly Feed: Steve Regan Co. (721 S Main, Spanish Fork, UT)

\*Mittleider Gardening information: Growfood.com; see also ldsprepper on Youtube

#### 7. Pests

\*Container plants can occasionally get fungus gnats, whitefly, aphids, and other pests. For harmful pests, use an organic spray that is non-toxic to humans (such as “Safer” brand), or make your own spray. Spray more than once to get the bugs that hatch from any eggs. Isolate “sick” plants to avoid spreading the problem to other plants.

#### Homemade Bug Spray

1. Combine and store as a concentrate:

1 tbs. liquid dish soap

1 c. vegetable oil

2. Mix 1-2 tbs. concentrate with 1 c. water in a spray bottle.

3. Apply to stems and both sides of leaves.

\*Cats are a serious problem for container gardening. They especially love greens. Place wooden shish kebab skewers into plants to discourage cats from lying down in them or from using them as litter boxes. Alternatively, you can cover soil with black garden cloth and/or rocks.

#### Pest Control Sources

Organic pest control: GardensAlive.com

## **Grow-Bag Potatoes**

1. Potatoes have a unique growing habit—the more soil you pile on top as the plant grows, the more potatoes the plant produces. Gardeners encourage potato plants to produce more by “hilling” soil into mounds over the plants or by planting them in containers that have room for soil to be added over the top, such as barrels, buckets, and stacked tires.
2. Grow bags are convenient for growing potatoes because they are easily moved around on a porch, patio, or deck. Bags have an advantage over buckets because the soft sides can be folded down initially to allow the plants to have exposure to sun. As the plants grow, the sides can be unfolded and more soil added on top of the plants.
3. Potatoes prefer cool temperatures and should be planted in grow bags as soon as temperatures stay above freezing. Each plant will produce 2 to 4 pounds of potatoes.

### **Teri's steps for grow-bag potatoes**

1. Fold down the sides of the grow bag with the final fold just deep enough to hold sufficient soil to cover the seed potatoes.
2. Fill the base of the bag with a good potting soil mix.
3. Plant the seed potatoes in the soil with the “eyes” facing up.
  - a. A 10-gallon bag will hold about 5 plants and produce 10-13 pounds of potatoes.
  - b. Indeterminate varieties will distribute potatoes throughout the bag better than determinate varieties. Red varieties are mid-season (80-day) potatoes that produce well in a bag.
  - c. As stored potatoes age, they begin to grow small sprouts known as “eyes” or “chits.” Small potatoes that have “chitted” can be planted whole. Larger potatoes can be cut into smaller pieces with an “eye” on each piece. Allow the cut pieces to dry for a day or two, so they will be less likely to rot in the soil.
4. Water deeply, not just the surface. The growing plants will need water about every other day, unless summer heat begins to stress the plants enough to need daily watering. The leaves will start to turn yellow if you over water. Potato plants need nitrogen and potassium, but don't over fertilize, or the plant's energy will go to growing foliage instead of potatoes.
5. Place the grow bag in a sunny location that receives at least 6-8 hours of sunlight.
6. When the plants reach about 6 inches tall, unfold the bag and add more soil until just the tops of the plants are visible. Unfold the bag and add more soil as the plant continues to grow. Continue this process until the bag is full, and the plants can grow out the top.
7. Eventually the plants will grow tall enough to need a stake to keep the stalks from falling over and breaking.
8. Keep watering the plants until they produce flowers and then begin to turn yellow and die back.
9. When the stalks have died back, turn the grow bag upside down to dump out the soil and harvest the potatoes.
10. Allow newly harvested potatoes to dry for a day before placing them in storage.

## Container Lettuce

1. A window box of leaf lettuce will grow to maturity in 6 weeks and then will produce enough lettuce for a good-sized salad once a week for 6 weeks. I plant a group of boxes (usually 3), wait 6 weeks, and then cut 1 box for 1 salad. (With 3 boxes, I cut 3 times a week--one box on Monday, another box on Wednesday, etc.).
2. When I start cutting the first set of boxes, I plant the next set of boxes. The second set will be ready for cutting just as the first set is done producing. If you want more lettuce, plant more boxes—just be aware of the six-week rotation. I plan for indoor lettuce for 8 months of the year, or about 32 weeks. That means planting about 5-6 times.

### Teri's steps for container lettuce

1. Choose a container. I like 28" to 36" window boxes that have drip trays. You can also use wallpaper troughs that don't allow drainage. Lettuce puts down shallow roots and doesn't need much drainage. However, don't ever put a wallpaper trough out in the rain, or it will fill up with water and drown the lettuce.
2. Fill the containers with potting soil. I use approximately 1 bag (1 cubic foot) of potting soil to plant 2 window boxes. (I buy 9 bags at the end of the summer season for 18 boxes during the winter.)
3. Plant 2 rows of seed the length of the box. I use approximately 1 package of lettuce seed to plant 2 boxes. (I store 9 packages of seed for 18 plantings.) My very favorite variety of leaf lettuce is Burpee's Gourmet Blend. Be aware that lettuce seed will store and germinate well for only 3-5 years.
4. Water gently. (I use a ketchup squirt bottle.)
5. Cover the box with plastic wrap to keep the soil moist. When seedlings start to appear, remove the plastic wrap. If you have cats, put wood skewers into the soil to keep the cats from using it as a litter box.
6. Water approximately every other day.
7. Most potting soils contain sufficient fertilizer for the lettuce life cycle. If not, add fertilizer to your watering.
8. Leaf lettuce produces well in a south-facing window if it doesn't get too hot. Alternatively, use long, fluorescent grow lights. Keep the bulbs just barely above the leaves. I use 4-ft. shop light fixtures that hang from chains from the ceiling. The bulbs are sold in hardware stores and Walmart as either plant/aquarium bulbs for old style fixtures or as blue (~6500K) and red (~3000K) spectrum for new style fixtures. Lettuce likes cooler temperatures, so it does well in a basement under lights.
9. Cut leaf lettuce with scissors, carefully choosing the largest leaves and leaving the smaller leaves to continue growing. Be sure to cut above the "v" where the new growth is forming. Baby leaves will emerge from the "v" and continue growing to full size. If you cut next to the soil, the lettuce will not produce any new leaves.
10. If you want to grow lettuce outside in containers, the same instructions apply. Choose a location that gets 6-8 hours of sunlight. You can grow larger varieties of head lettuce and other varieties of greens outside if you provide good exposure to sunlight and fertilize regularly.

## Microgreens

1. Gardeners have been busy developing new ways of growing greens indoors to bring the benefits of fresh, living greens to more kitchens and diets.
  - a. Living greens are a powerful source of essential phytonutrients and live enzymes. People must eat some live food to be healthy. Newly germinated greens provide many times more important nutrients than full-grown plants.
  - b. Greens can be grown in the kitchen free from chemicals and pests. Fresh greens can be eaten at the peak of quality.
  - c. Home-grown greens provide food independence. Seeds for sprouting are a valuable addition to family food storage.
2. Kitchen gardeners have developed names for stages of growth to help define the different methods of growing greens.
  - a. Sprouts are seeds that have barely germinated. They have a tiny tail and are often crunchy to eat. Sprouts are grown using repeated rinsing with water.
  - b. Microgreens are the second stage of seed growth. They have roots and the first and sometimes second set of leaves. Microgreens are grown in a thin layer of soil. They pull trace minerals from the soil into the plant.
  - c. Baby greens are microgreens allowed to grow longer and develop tender leaves.

### Teri's steps to growing microgreens

1. Fill a tray that has drainage holes with 1½ inches potting soil. Set that tray into a drip tray.  
(Tip: keep some potting soil in the house during the winter so that it doesn't freeze and become unpleasant to handle.)
2. Sprinkle seed to densely cover the soil with a single layer of seed. (Seed can be sprouted in a jar first, but I don't bother.)
3. Spray the seed with water. (Use a sink sprayer or a squirt bottle.)
4. Cover the seed.
  - a. You can use a clear tray cover.
  - b. You can cover the tray with plastic wrap.
  - c. You can cover the seed with paper towel and a clear tray cover, but some seeds will stick to the towel.
  - d. You can cover the seed with a thin layer of soil, but I find that this slows germination.
  - e. You can cover the seed with vermiculite.
5. Seeds must stay damp, so monitor carefully until sprouts are well established. I usually water with the sink sprayer every morning. If water gathers in the drip tray underneath the soil tray, carefully tip the tray over the sink to empty.
6. When most of the seeds have germinated, remove the tray cover, plastic wrap, or paper towel.
7. Microgreens do not need sunlight when germinating, and most seed types will grow to harvest stage with indirect light. Most plants benefit from exposure to sunlight to green them up.
8. If white fuzz appears on the seeds, it's not dangerous. Just rinse it off with the sink sprayer.
9. Harvest microgreens by cutting with scissors. Some seeds will produce a thick carpet that can be cut straight across. Some seeds germinate and produce shoots in "waves." These should be harvested by cutting only the tall plants and leaving the shorter ones to continue growing. Most microgreens are ready to harvest in 10-14 days.

### Sources

Good book: Microgreens, A Guide to Growing Nutrient-Packed Greens (Franks and Richardson)

Seeds: True Leaf Market ([trueleafmarket.com](http://trueleafmarket.com) 800-735-0630; 175 W 2700 S, Salt Lake City, UT)

Starter trays and covers: Carpenter Seed (1030 S State St, Provo, UT)

Half-sized trays (10"x10"): [sproutpeople.org](http://sproutpeople.org)

### **How much seed to store to eat sprouts once a week for a year**

French lentil:  $\frac{1}{2}$  c. per jar = 3 oz. x 52 = 156 oz. = 9.75 lbs.

Mung bean:  $\frac{1}{2}$  c. per jar = 3 oz. x 52 = 156 oz. = 9.75 lbs.

Wheat:  $\frac{3}{4}$  c. per jar = 4.6 oz. x 52 = 239.2 oz. = 14.95 lbs.

Alfalfa: 3 tbs. per 12" screen = 1 oz. x 52 = 52 oz. = 3.25 lbs.

Clover: 2 tbs. per 10" screen = .7 oz. x 52 = 36.4 oz. = 2.28 lbs.

Broccoli: 2 tbs. per 10" screen = .6 oz. x 52 = 31.2 oz. = 1.95 lbs.

Fenugreek: 4 tbs. per 12" screen = 1.4 oz. x 52 = 72.8 oz. = 4.55 lbs.

Chia: 2 tbs. per half-tray (10"x10") = .6 oz. x 52 = 31.2 oz. = 1.95 lbs.

Cabbage: 2 tbs. per half-tray = .6 oz. x 52 = 31.2 oz. = 1.95 lbs.

Chard:  $\frac{3}{4}$  c. per half-tray = 1.6 oz. x 52 = 83.2 oz. = 5.2 lbs.

Adzuki bean:  $\frac{1}{2}$  c. per half-tray = 2.9 oz. x 52 = 150.8 oz. = 9.43 lbs.

Pea: 1 c. per half-tray = 5.8 oz. x 52 = 301.6 oz. = 18.85 lbs.

Buckwheat:  $\frac{1}{4}$  c. per half-tray = 1.6 oz. x 52 = 83.2 oz. = 5.2 lbs.

Sunflower:  $\frac{3}{4}$  c. per half-tray = 2.1 oz. x 52 = 109.2 oz. = 6.83 lbs.



## Sprouts

1. Sprouts are known for their nutritional value.
  - \*Sprouts are a complete food, able to sustain life. They contain essential vitamins, minerals, enzymes, amino acids, and chlorophyll. Plants achieve their maximum nutrient density in the first 5-10 days.
  - \*Sprouting creates a living food, dramatically increases the nutritional value of seeds, beans, and grains, and even creates nutrients that are not present in the dry seed, such as vitamin C.
  - \*Homegrown sprouts are easy to digest, inexpensive, fresh, and organic.
2. Choose the variety of sprout based on the desired use.
  - a. Salad. Many sprouts grow tall enough to be used as lettuce—as a salad, a salad topping, or a sandwich topping. Use in coleslaw or as a garnish.
  - b. Vegetable. Most beans can be sprouted to increase their nutritional value, to reduce gassiness, and to shorten cooking time. A small amount of sprouted beans can be added to salad for extra crunchiness, but larger quantities of beans will need to be cooked after sprouting to be digestible.
  - c. Bread. Some grains can be sprouted and then added whole to bread dough. To add 1 cup sprouted wheat berries, subtract  $\frac{1}{2}$  cup flour and  $\frac{1}{2}$  c. water. Sprouts will quicken the leavening action of breads. Sprouts can also be dried and then ground before adding to bread dry. Place sprouts on a cookie sheet in a 175 oven, in a dehydrator, or on a wood stove, etc. Grind the dried sprouts and add the powder to baking.
3. Choose a growing method and the desired size of sprouting container.
  - a. Canning jar with a lid that allows drainage, such as a piece of nylon stocking held with a rubber band or a purchased strainer top: This method works well for beans and grains, but it results in crowding of salad-type sprouts.
  - b. Sprout bag: Bags made from nylon, cotton, hemp, or linen work well for beans and grains just like jars. Soak the seeds in a jar overnight, then transfer them to the bag, soak the whole bag, and hang it to drip. Fill or swish with water twice a day.
  - c. Commercially made plastic tray, or homemade wood tray with screen bottom: Trays work well for upright growing of salad-type sprouts. Upright growing yields three times as much as jars do. Plastic trays don't drain as well as screens. Wood frames tend to grow mold on the wood.
  - d. Bamboo baskets—Baskets work well for upright growing of salad-type sprouts, but the bamboo tends to grow mold.
  - e. Mesh screen strainers and splatter screens—Strainers work well for upright growing of salad-type sprouts but tend to get overcrowded. Splatter screens provide good space and drainage. Look for ones made from stainless steel; avoid aluminum.
4. Measure the desired quantity of seed into a jar or cup and soak in water overnight. The quantity will be determined by the size of your sprouting container.
5. The next morning, pour the soaked seeds into your sprouting container. If using a tray or strainer, spread the seeds around to cover the surface. (If you find that the seeds have expanded to exceed the capacity of your sprouting container, transfer some of the seeds to another container. Overcrowding will encourage mold to grow.)
6. Rinse the seeds with a strong stream of water. Sink sprayers work best, but inexpensive faucet sprayer attachments are available at hardware stores.

7. Arrange the sprouting container for good drainage.
  - a. Jars can be tipped upside down at an angle and set into a plastic food container, such as a square freezer container.
  - b. Sprout bags should be hung up to drain over a sink or bowl.
  - c. Trays, baskets, and splatter screens should be propped on top of blocks or cups to allow drainage and roots to grow underneath.
  - d. Mesh strainers with handles can be set in a bowl.
8. Cover the sprouting container to create a greenhouse effect.
  - a. Jars and bags don't need to be covered.
  - b. Trays, baskets, and splatter screens can be covered with houseplant drip pans, plastic cake lids, or plastic storage containers.
  - c. Plastic grocery-store bags can be propped over the top of any sprouting container like a tent.
9. Rinse the sprouts at least twice a day. Three times a day is better. When the sprouts have firmly rooted to the container, they can be completely immersed in water to help remove seed hulls. A little white mold is not harmful and is easily washed off. If gray or black mold appears or the sprouts smell bad, throw them out.
10. Sprouts can take from two to nine days to grow. When the sprouts have reached the desired size, cover and store in the refrigerator. You can rinse them occasionally to help them stay clean and crisp.
11. Sprouts don't need light to grow. You can put them in indirect sunlight on the last day to green them up a little.
12. You can fertilize sprouts for extra nutrition, if desired. Add a few drops of liquid kelp to the initial soaking water. Add it again about halfway through the growth cycle by placing the kelp solution in a bowl and setting the sprout roots in it. You can also mist the sprouts regularly with a kelp solution.

**Small sprouts:** lentil, mung, bean varieties, wheat. These sprout best in a jar or bag. Most of these are sprouted only long enough to see a small tail. French lentils are my favorite because they are crunchy. Mung bean sprouts are used in Chinese food. The sprouts from home will not be as fat as store-bought because commercial growers use ethylene gas to make the sprouts grow plump. Sprouting beans before cooking will reduce gassiness and turn the bean into a live, alkaline food. Wheat sprouts are a complete food. Ideally, try to eat them raw because cooking will destroy the enzymes.

#### Amazing Wheatballs

1. Blend to a paste in a blender or food processor:
    - ½ c. sprouted wheat
    - ½ c. nuts (walnuts, almonds, etc.)
    - ½ c. raisins (or ½ c. dates plus 2 tbs. honey)
  2. Scoop teaspoonfuls and form into balls.
  3. Roll in coconut or finely chopped nuts.
- Optional: add peanut butter.  
Makes approx. 12-13 balls

**Medium sprouts:** alfalfa, broccoli, clover, chia

Broccoli sprouts contain 50 times the amount of cancer-fighting substance found in mature broccoli.

Chia sprouts are edible. The most fun way to grow them is with a Chia Pet—ch-ch-ch-chia! Eat only the sprout; the seeds and roots are bitter. Use half the amount of seed recommended in the directions. Cover the sprouter loosely with a plastic bag to keep the sprouts from drying out.

**Tall sprouts:** fenugreek, buckwheat, and black sunflower. These sprouts grow quite tall and can be used like lettuce.

Sunflower comes in two varieties. The shell-removed kind is only meant to grow a small tail. The black-shelled kind is meant to grow very tall and form green leaves.

Teri's favorites	Quantity of seed	Container	#Days
wheat	¾ c.	jar	2-3
lentil	½ c.	jar	3
mung	½ c.	jar	4
alfalfa	3 tbs.	12" screen	5-6
broccoli	2 tbs.	10" screen	5-6
clover	2 tbs.	10" screen	6-7
fenugreek	4 tbs.	12" screen	7
buckwheat	4 tbs.	12" screen	8
black sunflower	7 tbs.	12" screen	9-10

### Sources

sprout lid: Sprout-ease (amazon.com); True Leaf Market; Christopher's Herb Shop

splatter screens:

[http://www.amazon.com/gp/product/B00061N0J6/ref=oh\\_aui\\_detailpage\\_o03\\_s00?ie=UTF8&psc=1](http://www.amazon.com/gp/product/B00061N0J6/ref=oh_aui_detailpage_o03_s00?ie=UTF8&psc=1)

sprouting sack: Christopher's Herb Shop, Trueleaf Market

liquid kelp: Gardens Alive! (www.gardensalive.com or 513-354-1482)

seed sources:

1. True Leaf Market (trueleafmarket.com or 175 W 2700 S, Salt Lake City, UT)
2. Christopher's Herb Shop (188 S Main St, Springville, UT)
3. Walton Feed (rainydayfoods.com)
4. sproutman.com