



TUV HASHAVUA: Best of the Week

Why Sprout? *by Kimi Harris*

Sprouting in your kitchen is like having a mini garden in the house year round. I have been greatly enjoying sprouting recently. It's been something I've done off and on for a few years now, but I am really branching out into sprouting a variety of beans, grains and seeds now and I am loving it.

A seed (or grain or legume) has many nutritional advantages to you, but many of them are locked up tight by anti-nutrients, such as phytic acid. It's almost like a mini treasure chest, but you have to be able to find the right key to open it. Once you start the germinating process, that dormant seed starts to become a live plant. Anti-nutrients are cast away, it changes, inside and out, and when you eat that seed, no longer are you eating just a seed, instead you are eating a tiny little plant. The process of changing seeds into little plants is easy, but the changes that happen are huge.

Phytic Acid and Enzyme Inhibitors are Neutralized

Phytic acid binds with calcium, magnesium, iron, copper, and zinc, making it hard to impossible for you to absorb those nutrients. It's also irritating to your digestive system. By sprouting your grains, legumes or seeds, you are neutralizing phytic acid very effectively. You will also be neutralizing enzyme inhibitors, which unfortunately not only inhibit enzymes in the actual seed, but can also inhibit your own valuable enzymes once they have been eaten. Your seed/grain/legume will be much easier to digest now that you have sprouted it, and you will also be able to assimilate more nutrients.

Sprouting Aids Digestibility

Beyond even anti-nutrients that are neutralized by sprouting, there are other changes that take place during sprouting that make it easier for us to digest our seeds/legumes/grains.

"Soaking will also help to diminish some of the fat content and will help convert the dense vegetable protein to simpler amino acids for easier digestion. The more complex carbohydrates in the foods will also start to break down into the simpler glucose molecules," writes Wendy Rudell, author of *Raw Transformation*.

Sprouting helps break down the complex sugars responsible for intestinal gas production, making the beans and seeds easier for all of us to digest.

Sally Fallon - who wrote *Nourishing Traditions* - gives us one more reason to sprout our grains, saying "Sprouting inactivates aflatoxins, potent carcinogens found in grains."

Finally, now that the enzyme inhibitors are neutralized, enzymes, which help you digest your food are free to be produced during the sprouting process and then consumed.

Kimi Harris writes her recipes and concepts on her blog, "The Nourishing Gourmet," from where this article was adapted.



August 6, 2013 | 30 Av, 5773

THANK YOU TO OUR VOLUNTEERS

8/6 Pick-up [B Week]
Mary Beth Bentaha
Manik Jassal
Paula Correa-Silver
Cayuga
Sheana Ahlqvist
Food Bank Delivery:
Lenny Fuchs

8/13 Pick-up [A Week]
Rhonda Klein
Philip Gimber
Jim Sun
Food Bank Delivery:
Marta Blyth

CAYUGA PICKUP THIS WEEK!

GRAINS – Freekeh (green spelt berries), one bag per order (this is a more expensive grain)
NOTE: those who did not receive Polenta last time will receive it now

BEANS – One bag Pinto, one bag Black Turtle beans per order

FLOUR – One bag Cornmeal, Half-white Flour, OR Rye flour (as pre-requested)

TUV HA'ARETZ CSA at the Forest Hills Jewish Center

106-06 Queens Blvd. , Forest Hills, NY 11375
718-264-7000, ext 250 | tuv@fhjc.org

WEBSITES:

- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org
- **Golden Earthworm:** www.goldenearthworm.squarespace.com
- **Facebook:** www.facebook.com/tuvFHJC
- **Yahoo Listserv:** groups.yahoo.com/group/TuvForAllFHJC
- **Twitter:** twitter.com/#!/tuvfhjc



[B] WHAT'S IN THE BOX?**Batavian Lettuces****Scallions****Swiss Chard****Cucumbers****Purslane****Garlic****Tomato****FRUIT SHARE****Apricots****Blackberries****HERB SHARE****Summer Savory****Oregano**

Soaked or sprouted nuts and seeds, such as sunflower seeds, pumpkin seeds and almonds are very good for you raw as well.

Safety When Eating Raw Sprouts

It's important when sprouting, even more so if you are consuming them raw, that you use common sense in using clean jars, being careful that the jars and sprouts aren't contaminated. Never eat any sprouts that smell bad, or are slimy or moldy.

**Sprouting: Method**

The method is pretty much the same for most seeds, grains, nuts, and legumes, it's just the time that varies. An easy and frugal method to sprout: fill a mason jar about one third full of desired seed to sprout, and then cover with water overnight. On the top you place a sprouting screen screwed into the lid, or a piece of cheesecloth held in place with a rubber band.

In the morning you drain and rinse it (doing so right through the screen), and then you invert your jar at an angle, allowing it to drain and air to circulate within your jar. Then all you have to do is rinse 2-3 times per day, and your seeds will turn into sprouts.

CAUTION: Eating certain uncooked (raw) beans ~ whether fresh or dried – can have dire consequences due to lectin found in legumes. Lectin naturally prevents predators from digesting the seed, and can cause violent reactions to expel the beans. Kidney, cannellini, and black beans have high enough levels of lectin to be considered toxic to humans when eaten raw. These beans must be cooked for at least 10 minutes at boiling point (212°F / 100°C) to be rendered safe for us to consume.

Bean Sprout Stir Fry

Ming Tsai, foodnetwork.com | Serves 4

Peanut oil, to cook

1/2 cup thinly sliced scallions

1 tbsp minced ginger

1 tbsp sliced garlic

1 lb bean sprouts

Salt and black pepper, to taste

Heat a wok to very hot and coat with oil. Add scallions, ginger and garlic. Season and stir.

Quickly add the bean sprouts and stir-fry, flipping the sprouts around quickly. Check for seasoning and correct if needed. Serve immediately.

Mexican Tomato, Cuke, and Purslane Salad

Elise Bauer, simplyrecipes.com

For the last few years my garden weeding routine has included the pulling up of a thick-stemmed ground cover plant with little yellow flowers that takes over the pathways around the garden beds. In gardening books it's considered a weed. What a lot of these books don't tell you is that purslane, the "weed" in question, is being sold at farmers markets to chefs for \$7 a pound. Not only is it edible, something like crunchy, not-as-spicy watercress, and it is packed with vitamins, minerals, and even Omega 3. In Mexico it is cultivated, between rows of corn in cornfields. Called "verdolaga" in Spanish, it is used in many dishes, in salads, or cooked with braised pork.

1 large cucumber, peeled, quartered lengthwise, seeds discarded, then chopped
 1 medium tomato, chopped
 1 bunch purslane, thick stems removed, leaves chopped, resulting in about 1/2 cup chopped purslane
 1 jalapeno chile pepper, seeded and minced
 2-3 tbsp fresh lemon juice
 Salt and black pepper, to taste

Combine all ingredients in a serving bowl. Season to taste with salt and pepper.

... Continued from Page 1

Other Nutritional Advantages

Sally Fallon also mentions how the Chinese used to carry mung beans when on long journeys at sea. They would sprout and eat the mung beans as they contained a sufficient amount of vitamin C to prevent scurvy.

"The process of germination not only produces vitamin C, but also changes the composition of grains and seeds in numerous beneficial ways. Sprouting increases vitamin B content, especially B2, B5, and B6. Carotene increases dramatically – sometimes eightfold."

Should We Eat Sprouts Raw?

Not all sprouts should be eaten raw. **In fact, some sprouted legumes are toxic until cooked – especially kidney, cannellini, and black beans.** Other legumes are still very hard to digest when uncooked. Beans considered digestible when raw: chick peas, lentils, adzukis, and mung beans.

"However, we must warn against over consumption of raw sprouted grains as raw sprouts contain irritating substances that keep animals from eating the tender shoots. These substances are neutralized in cooking." Sally Fallon recommends cooking sprouted legumes, but also warns against eating high amounts of raw sprouted grains.

Other sprouts, such as radish, clover, or broccoli should be fine raw; these are the most delicious ones raw anyway. Regardless, it is wise not to over-consume any one thing.