

THE SPROUTPEOPLE

Rejuvelac Instructions

Start with Rye or Soft Wheat. Some folks have a preference, and though some Rejuvelac recipes don't require that the seed even sprout - we prefer seeds that do sprout (We are the Sproutpeople after all!) and since Rye is generally a much more viable seed for sprouting - we use Rye.

The Method:

1. Soak 2 cups of Rye in your 1/2 Gallon jar. Cover with 1 quart or more of cool (60-70 °) water. Stir seeds up to assure even water contact. Soak for 8 - 12 hours.
2. Pour off water.
3. Rinse (fill Jar 3/4 full with water), twirl vigorously, pour water out, and repeat 2-3 times). Use cool (60-70°) water.
4. Drain thoroughly by shaking your Jar - you want as little water as possible to remain in your Jar between Rinses.
Set your Jar in a low-light, room temperature (70° is best) location.
4. Rinse and Drain (repeat steps 3 + 4) again 8 - 12 hours later.
5. 8 - 12 hours later your seeds will have little sprouts. Add 6 cups of water (spring, purified or tap - your choice) to the sprouts and place the jar in the usual low-light, room temperature (70° is best) location for 2 days.
6. Pour liquid - this is your Rejuvelac - into a glass and drink some!
Refrigerate the remainder until ready to drink or use in a recipe.
7. You may make more Rejuvelac by repeating step 3 and then adding one quart of water. Place your Jar in the usual location and culture your Rejuvelac for 1 day - then follow step 6 again.

Your sprouts are now pretty much spent so toss 'em to the critters (squirrels, rabbits, birds and many other outdoor creatures love sprouts) or compost them - or - throw 'em in the garbage - it's nice to add a little organic matter to a landfill don't you think?

For more information on all things Sprout, come to www.sproutpeople.com