

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 Sproutpeople after all!) and since Rye is generally a much more viable seed for sprouting - we use Rye.

The Method:

1. Put 2 cups of Rye in your 1/2 Gallon jar. Screw lid onto 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.

For more information on all things Sprout, come visit our web site.