

A sample Activity Sheet

VEC 2100 Activity 3 – Salad Sprouts

A. *Sprouts*

Sprouts are nutritious and can be used in salads and sandwiches. Some of the species used for sprouts are alfalfa, broccoli, radish (*Raphanus sativus*), Water Cress (*Nasturtium officinale*) and Mung Bean (*Vigna mungo*). Different sprouts have different taste and levels of pungency.

B. *Procedures*

Spread the seeds in a single layer at the bottom of a wide-mouthed glass bottle. Add clean water just below where the seeds are drowned. Swirl the bottle to mix the seeds and water and place in a slight slant. Cover the top of the bottle with a cheese cloth. Leave the seeds to germinate on a counter top where there is some indirect or direct light. Change the water every day for the next few days. Harvest the sprouts as you need it. It should be ready from day 5 to day 8.

C. *Seeds, Water and Container*

Seeds need to be soaked in water and kept at optimum light and temperature conditions to obtain the sprouts.

1. Purchase seeds from a catalog or from local health food stores. The seeds must be labeled for sprout purpose and these are not treated with pesticides.
2. Literally any container can be used but a transparent glass or plastic container is optimum. We will use ½ pint Ball's Jars.
3. If you keep your sprouts under dark, you will get elongated sprouts that are light green. A window sill or a counter top with some light is a good location.
4. At room temperature, it takes anywhere from 3 to 7 days to harvest your sprouts, depending upon the species.
5. Use clean water. This is very important. Often water that is dirty can contaminate the sprouts.
6. Change water every now and then. This way you can avoid mold growing on your sprouts.

D. *Today's Exercise.*

Each student will use one container and germinate at least two sprouts and compare them for differences between them. This is a take-home exercise. You can keep the bottle and remaining seeds after the exercise. Seeds available

Alfalfa (*Medicago sativa*) – 1 packet of 3 g seeds. Enough to make sprouts thrice.

Broccoli Sprouts (*Brassica oleraceae var. italica*) - 1 g each – enough to make sprouts once.

E. *Report*

Write a report on what and how you did and what your results are. State if you encountered any problems. E-mail me or give me a written or typed report on this activity for a grade.