



## **SPRING: Seed Sprouting**

Now that the soil is warming up seeds are growing everywhere. Why not enjoy watching this happen by sprouting some edible seeds on your own kitchen window sill?

All you need is a jam jar, some thin, clean cloth, a rubber band and some edible seeds. You can grow things like, whole lentils, mung beans, aduki beans, and chick peas, all probably available at the supermarket or health shop. Or try some tiny alfalfa. If you want to grow several types at once it is best to do them in separate jars as they will germinate at different times.

Put a small quantity, say a tablespoon of seeds in your jar and cover with water. Then cover the top with the cloth and rubber band and tip out the water so the beans are just moist. Do this 3 times a day, and within a day you will see them start to swell and grow.

Best of all, when the root tips and shoots begin to appear, you can eat your seeds! Mix them into a salad with your favourite ingredients or crunch them up just as they are. Be sure to take out any that have not germinated as they will be too hard to eat. And don't leave them too long or they will start to get straggly and the roots will go brown. Then it's time to start some more!!

As with all outdoor activities, we recommend that you get all children to wash their hands before handling any food.

[www.stoneywish.com](http://www.stoneywish.com)

**Stoneywish Nature Reserve, Spatham Lane, Ditchling . Tel: 01273 843498**

**Opening times:** 1st March – 31st October

Term time: open Friday – Monday. School Holidays: open every day. 10.00 a.m. - 5.00 p.m. (last admissions 4.30.p.m.)