

SPROUTING WHEAT GRASS

Supplies for Beginners:

You will need:



Organic wheatgrass sprouting seeds.

Use organic to ensure the best quality, taste and yield of your final sprouts.

<http://www.groworganic.com/paiute-orchardgrass-lb.html>



Organic potting soil and fertilizer

to ensure optimum vitamins and minerals in plant.



Plastic gardening tray with holes. Can be reused over and over again. A 21" x 11" x 2" sized tray will yield about 14-18 ounces of juices (last approximately 2 weeks at 1 ounce a day).



Spray bottle.

Essential to ensure that you do not overwater.

Step # 1: Pre-sprout/Germinating

Organic wheatgrass seeds are recommended for sprouting to ensure the sweetness of your wheatgrass juice and that it will contain the optimum vitamins and minerals that will boost your health.

1. Pre-sprouting is so important to ensure a good crop. Follow these steps to pre-sprout your wheatgrass seeds to ensure that your crop grows at a much faster rate.
2. Measure out a bowl of seeds. Amount: estimate enough to fill one layer of seeds on whatever the size of your tray.
3. Rinse the seeds in clean water, drain, and then soak the seeds in a container with about 2-3 times of cool water.
4. Soak for about 8-10 hours.
5. After 8-10 hours, drain the water, and then soak them again as in #2 above and soak for another 8 hours.

6. After the second set of 8-10 hours, drain the water, then soak them once more the same for another 8-10 hours.
7. Check if it has sprouted roots of at least 1/8 of an inch to 1/4 of an inch.

Step # 2: Preparing the Tray



Step # 3: Planting

1. Line the bottom of the tray with unbleached paper towels so that the roots do not protrude at the bottom through the holes in the tray.
2. Fill the tray with pre-moistened soil, compost or potting mix to about one and half inch of the tray depth. Ensure that your soil does not contain artificial fertilizers or chemicals. Always use organic.
3. Lay out the germinated seeds evenly and densely in one layer, on the damp soil in the tray. Gently impressed the seeds into the soil.
4. Place your tray under indirect sunlight, probably inside your house, near a window and with proper ventilation. Wheatgrass does not like hot direct sunlight.

Step # 4: Watering

The young shoots need to be watered at least twice a day to keep them nice and moist. If the soil gets dry, the young shoots may die off before they root. To help prevent this, put a sheet of damp newspaper over the tray to keep them moist until they grow to about an inch high.

To water, use a spray bottle, adjusting to light-medium. When the shoots are above one inch, probably about day 5, reduce watering to once a day in the morning. But always ensure that the water is just enough to keep the soil damp to the roots. Avoid over-watering.

In warmer and humid climates, mold may tend to grow in your wheatgrass tray. This is a common problem but is harmless. When harvesting, just cut above the affected area, avoiding the mold. A blowing fan during humid days may help prevent mold-growth.

Wheatgrass prefers temperature at 60 to 70 degree Fahrenheit. That is why I increased the indoor air circulation with a table fan, in addition to shower spray the wheatgrass tray by chilled water. I found that this method did help a bit.

Here are a few suggestions that you can implement to reduce/eliminate mold in your future batches of wheatgrass.

1: Instead of soaking overnight or just 8-10 hours as suggested you might try to soak it a little longer (say 10-12 hours) so that the seeds expand more, allowing better germination and shorter sprouting time.

2: Lay out the seeds in the tray densely, but in one layer. Try not to have them overlap so that there is enough breathing space for each sprout. This allows a little “air” to reduce mold.

3: Don't over-water your sprouts. Use a spray bottle so that you spray enough just to keep them wet, not soaked.



4: Do not miss this step—while waiting for your sprouts to take root, cover with a piece of damp newspaper and spray the paper to keep it wet. But remember, do not soak. See the video on the wheatgrass sprouting.

Wheatgrass Sprouting – Part 1 (5m 16s):

<https://www.youtube.com/watch?v=psaR-bQtcNo>

Wheatgrass Sprouting – Part 2 (4m 21s):

https://www.youtube.com/watch?v=tIqmxgBg_c

Step # 5: Harvesting



5: Finally, you might even try this. Once your sprouts have taken root, put a “collecting tray” without holes under your wheatgrass tray to act as a water reservoir. So, instead of watering from the top, you water from the bottom so that the mold will grow at the bottom rather than on the sprouts. While you do this, still use your spray bottle to spray on the sprouts to keep them a little moist.

Try out some or all of the suggestions above and see what works for you depending on the humidity in your area. Don't give up. I believe you will get beautiful harvests once you understand your sprouts better.

Happy sprouting!

When your wheatgrass grows to about 6 inches (about day 9 or 10), it is ready for harvesting. Use a scissors and cut the wheatgrass just above the seeds.

If there is mold, avoid and cut above it.

Note: You can continue to water the crop to produce a second or third crop though they may not be as tender nor grow as tall. But you get extra ounces from it. Otherwise, clean the tray and start a new crop.