

## **WHEAT GRASS & SUNFLOWER SPROUTS CLASS** It's very easy!

1.5 cups wheat grass per tray 2 cups sunnies per tray

Soak seeds overnight - cover with 1 inch of water.

Drain in colander all day (rinse once or twice if you can)

Plant on about ½ inch of compacted top soil – compact with empty tray.

Water then cover with tray. Sunnies need the weight of a tray of wheat grass on top in their cover tray to simulate pushing through soil.

Water every night.

Take trays off only to water. Once the plants have pushed the tray as high as the top of the bottom tray, leave them uncovered until harvest.

Low light. Just enough to see. It won't grow in bright light. No direct sun light. The lower the light the faster and taller it grows! Keep them dark at night.

Harvest in a week when grass "splits". I prefer scissors – use sharp good ones.

Sunnies can be harvested 8-10 days, the longer you wait the less hulls.

When washing trays wash both sides to limit mold.

**Mold is OK**, just harvest above it. A small fan moving the air in the room helps.

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### **Where can you find stuff?**

Lowe's or Home Depot

- 3ft wire shelves \$80 - Wheels \$20
- scissors \$9?

Home Hardware – True Value Palm Plaza Leesburg 728-1888

- Cheap top or potting soil – don't buy organic soil – more mold.

Simon Seed - 105 W. Magnolia downtown Leesburg 787-4415

- Planting trays if you intend to grow 2 trays per week buy 8, 5 buy 20, 7 buy 28.

Got Sprouts – 561-689-9464

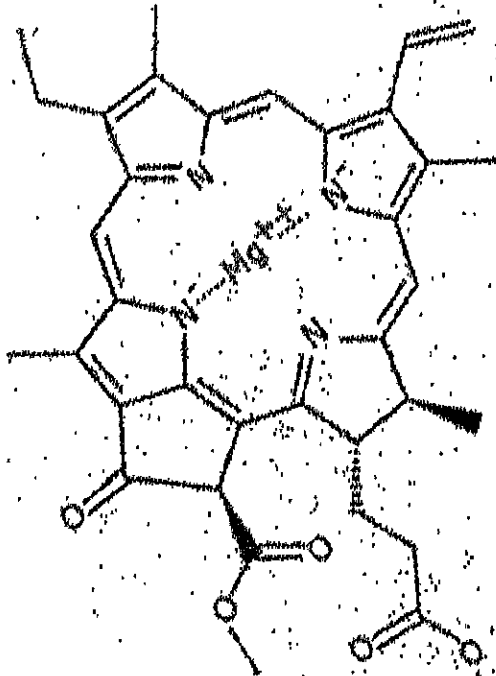
- Wheat Grass Seed and Black Oil Sunflower Seed

Omega Juicer 8006 \$330

- Hippocrates mail order 561-471-8876 x 124 or Google it.

Wikipedia, the free encyclopedia

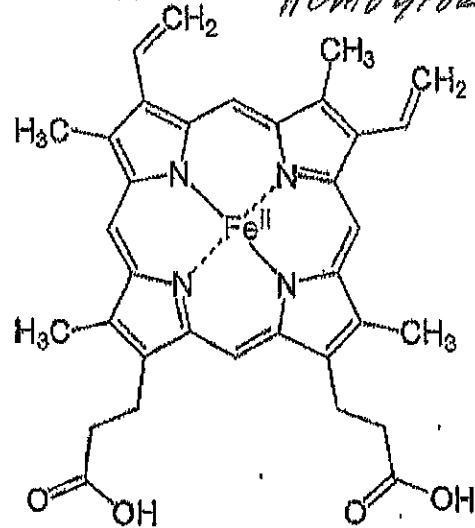
# Chlorophyll



File:Heme b.svg

From Wikipedia, the free encyclopedia

# Hemoglobin



File:Heme b.svg (400 pixels, other resolutions 218 x 146 pixels, 400 x 267 pixels, 610 x 413 pixels, 812 x 544 pixels)  
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English: Heme b  
 Deutsch: Häm b

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