

THE EDIBLE GARDEN

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Introductory Issue



GARDEN TIP

Garden tools can be easily cleaned by adding mineral oil to a bucket of clean sand. Simply push your tools in then pull them out and you're done.

GARDEN ACTIVITIES

- ✓ Read a garden book
- ✓ Learn more about each of your garden plants (sunshine, soil, water, fertilize, prune)
- ✓ Join a horticultural society in your area
- ✓ Review your garden plans
- ✓ Look at garden catalogues
- ✓ Make a garden wish list

Growing Sprouts in a Jar



Are you missing your garden fresh vegetables? If you are, you might be ready to try growing sprouts. In just a few days, with

designated for human consumption. You can purchase these seeds at Health Food stores or even at Bulk stores. You can sprout many types of seeds but my favourites are alfalfa, radish, broccoli and mung beans. Mung beans make the large bean sprouts that are used in Chinese cooking.

Put 1-2 Tablespoons of sprout seeds in a glass jar. Cover the lid with cheesecloth and secure with a rubber band. Cover seeds with at least 1 inch of water. There is no need to pre rinse the seeds as they will be rinsed several times before they

If you plan to store your seeds in the fridge for a few days, remove the seed hulls. Do this by emptying your sprouts into a colander or strainer and rinsing. If not removed, they can get mouldy and ruin your sprouts. I have never done this as my sprouts are usually used as soon as they are ready.

Most sprouts are ready in 4-6 days. Taste them to see if they are still bitter. If they are wait another day. When ready, rinse sprouts and cut off what you need. The rest can be stored in an airtight container in a refrigerator for up to 1 week.

minimal equipment, you can grow your own fresh and delicious sprouts that are chock full of vitamins, fiber, protein and anti-oxidants! They are great in salads, sandwiches and even stir fries. Since they are grown in your kitchen, you can't get anything grown more locally.

To grow sprouts, all you need is a 1 Quart Mason jar (or well washed Peanut Butter jar, mayonnaise jar), sprout seeds, cheesecloth or muslin, rubber band, water, a dark place and sunlight. Your seeds must not be pretreated with anything and are

germinate. Place the jar in a dark place and let the seeds soak for 12 hours.

After the 12 hours are up, drain the beans and rinse. After rinsing, invert the jar in a bowl at an angle to allow the excess water to drain. Rinse two to three times per day until the seeds have sprouted. In a couple of days, the seeds should begin to sprout. When they are sprouting, put them on a windowsill to ensure they get some light so they will turn green.

Feel free to combine different types of seeds in one sprouting session. Try to use seeds of about the same size with or with similar germination times. Mung beans and alfalfa seeds do not mix well as mung beans take longer to sprout.

Enjoy!

Dale Odorizzi, Lanark County Master Gardeners

***The Urban Food Revolution, Changing the Way We Feed Cities* by Peter Ladner**

New Society Publishers, October 1, 2011, Trade Paperback; ISBN - 13: 9780865716834; Indigo list price: \$18.95

In "The Urban Food Revolution" former Vancouver city councillor Peter Ladner provides a comprehensive overview of policies and practices that impede or simplify the process of turning vacant or ornamental

urban lands into productive space for growing food and communities. Multiple case studies make this both a fascinating read and an invaluable guide for urban food advocates. From communities that ban anything but grass in

their residents' front yards, to new developments constructed around planned communal gardens, Ladner effectively charts the challenges and opportunities for urban food gardening.

Review by R. Last

Master Gardeners of Ottawa-Carleton is a member group of Master Gardeners of Ontario Inc., a registered charity with the mission of providing gardening advice to homeowners