

Eat Your Own Greens... Tonya Judd, M.H.

Spring is here and with it comes an abundance of fresh spring greens. Although your local CSA or store may be able to supply you with an abundance of fresh greens why not consider growing your own? Growing your own is not only economical and empowering, but it also allows you the freedom to grow what you want, in the quantities you need, without the risk of chemicals and pesticides. Furthermore you'll have them when you need them and for a very minimal cost! Aside from the aforementioned list, sprouts, micro-greens and grasses are inexpensive to grow, provide the most nutritious, nutrient dense, alkaline greens in the quickest amount of time. Depending on the seed, grain or legume, you can have edible sprouts in 2-5 days. If you so desire, you can let your sprouts get bigger and at that point you will have micro greens...just think mini salad greens bursting with nutrition, enzymes, life and light.



Most often when growing sprouts such as alfalfa, clover, broccoli, lentils, beans and grains it is not necessary to use soil. Micro-greens and grasses such as wheat, rye and barley grass can be grown “hydroponically” - without soil. However, it is my opinion that when we take the soil out of growing these, we significantly reduce the vibration of the greens. We want our bodies to function and thrive at a high vibration, and in order to do that we need to be consuming foods that are of a higher vibration. There is a vibrational heart connection with the soil and the sun. When we combine the two by growing micro-greens and sprouts in soil and then allowing them to “green up” with the sun, it raises the vibration of the sprouts. To maintain optimum health and support the healing process, the mind and body need the life force energy that is present in foods that are filled with life and light. Filling your body with foods filled with light will feed your cells and raise your body’s vibration.

Here are a few sprout statistics. Sprouts have more nutritional value than their fully grown counterparts. Broccoli sprouts contain 20-50 times more nutrition than a mature broccoli plant, so you get as much nutrition in 1 ounce of broccoli sprouts as you would if you ate 3 pounds of fully grown broccoli! Alfalfa sprouts contain 3.8% protein and sunflower sprouts contain 4.0% protein. Mineral content also increases during the germination process in sprouting. The potassium content of alfalfa sprouts is 870 mg, while Boston lettuce has 246 mg. Alfalfa has 210 mg of calcium and spinach has 2.6 mg. Sprouts are loaded with vitamins A, B, C, E, K, chlorophyll, iron, calcium and multiple minerals.

If you are looking for an inexpensive, organic and super fresh way to add chlorophyll, enzymes, minerals, vitamins and live food to your dinner plate, smoothie, juice or salad, sprouts might be something to consider. Dr. Christopher often spoke of, “eating under your own fig tree”...sprouting definitely falls under this teaching!

Tonya Judd is a Master Herbalist graduate of the School of Natural Healing and an Emotional Release Practitioner.