

“Grow your own”

# *Sunflower Greens*

Courtesy of Ronnie & Minh

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



Sunflower Greens are one of the best things you can add to your raw & living food diet to improve your overall health and well being, they are delicious, nutritious, they make for a beautiful presentation and they are fun to grow.

Minh uses sunflower greens as a great addition to her salads, juices, sandwiches and wraps, of course you can also just eat them by themselves. Sunflower greens are a nutritional powerhouse packed with vitamins A, B complex, D, and E; they also contain minerals including calcium, copper, iron, magnesium, potassium, phosphorus and zinc. In addition to these vitamins and minerals, sunflower greens are a rich source of lecithin which helps break down fatty acids into an easily digestible water soluble form, and chlorophyll which benefits many functions within the body, including building blood supply, revitalizing tissue, calming inflammation, activating enzymes, and deodorizing the body.

Sunflower green are a fantastic source of protein and can easily supply you with all the protein your body can use!

You can harvest a new crop every 7 to 8 days.

## **Sprouting the Seeds**

Acquire good quality seeds (with hulls), rinse them once or twice and then soak them overnight in a container suited for sprouting (just about any container will work). The next morning, drain off the water and rinse them a few times. Place the container full of rinsed

seeds in a dark place, take them out and rinse and drain two or three times a day and in a day or two they will start to grow shoots or “tails”. When the shoots are about a 1/2 to 1 inch long the seeds are ready to be planted.



### **Growing the Greens**

Select an indoor location with moderate sunlight and good air circulation.

Add one inch of potting soil to a tray that is about two inches deep and has drainage holes. Water the soil thoroughly, let the water drain and then tamp down the soil. Spread the sprouted seeds evenly over the soil and gently tamp them down. Cover the exposed sprouted seeds with 1/2 inch potting soil and tamp. Water as often as needed to keep the soil moist but not wet, be sure there is drainage to prevent the soil from becoming soggy.





### **Harvesting**

Your sunflower greens will be ready to eat in about 7 days, you will know they are ready when they have grown two leaves. Harvest the greens before the 2<sup>nd</sup> or inner set of leaves appears. Cut the greens above the soil level, wash and drain, remove any left over husks and they are ready to eat.

### **Storage**

After washing and rinsing the greens, wrap them in a paper towel, place them in a plastic bag and then into the refrigerator, they will stay good for 7 to 10 days. You can re-rinse and re-wrap them every few days to keep them super fresh.

That's it! You are now ready to enjoy this amazing great tasting source of energy, truly a gift from Mother Nature.



Hope you Enjoy!

Ronnie & Minh [www.ubraw.com](http://www.ubraw.com)