

Fast Food - Sprouting and Micro-greens

The scouts grow food that is ready to eat in just days. Sprouts are small shoots of various plants which are packed with goodness.

Section: All
Time: 2 hours
Where: Home, Den, Camp



PLAN

A pack of seeds, some clean water, the right conditions and you can have edible plant shoots in a few days. The fun bit is being able to grow food so quickly and easily, while the important bit is the conversation around the impacts of food production and supply on our climate. Choose what seeds you will grow (see below) and source them. Try local shops first, then local or national online suppliers before going further afield. Buy in bulk for cost but also to reduce packaging. Share out the seeds and instructions and set the scouts to work! **IMPORTANT.** Only buy seeds from reputable suppliers as there is a small risk of food-poisoning from contaminated seeds.

Materials

Seeds, a wide-neck glass jar with a lid and/or a small shallow tray.

DO

There are two different approaches to this, depending on what seeds you are using. Sprouting is the process of growing the first small shoots from the seed, and then eating the seed and shoot together. Put the seeds in the bottom of the jar, maybe filling around 10%. Add water and soak them for 12 hours. Either make some holes in the lid (small enough that the seeds won't wash out), or wrap a piece of clean cloth around the top of the jar and hold it in place with an elastic band. Empty off the water, but leave the seeds still damp. Every 12 hours, add water again to dampen the seeds, and empty out the excess. They will be ready to eat in 2-4 days. Rinse again before eating. Try radish, pea, chick pea, mung beans, alfalfa, fenugreek, sunflower, lentil, and broccoli. Micro-greens are basically miniature plants, where you allow the first leaves to form. Grow in a shallow tray on damp paper and cut off the shoots and leaves, leaving the seed and roots behind. Try peas (which you can grow a few inches tall before eating), broccoli, cauliflower, cabbage, mustard, cress, chia, sunflower or buckwheat.

REVIEW

Scouts should be impressed with being able to grow food so easily, and should be proud of themselves. What did they think of the different flavours and textures? How did they eat them? Compare this food to some other foods that they like, just to look at some climate impacts of food. What were the Food Miles (how far the food was transported) of the sprouts compared to bananas? How much space on land was needed for the sprouts versus cattle for beef burgers? You might also consider the amount of water that was needed, compared to growing almonds to make almond milk. Or what about the pesticides needed to grow other field crops?



In a nutshell...

- Learn about sprouting seeds for food and source the seeds
- Plant, water, grow, eat!
- Discuss how this compares to other food that we eat in terms of its Carbon Footprint.



Follow-on

Try out sprouting other seeds to find more tastes and textures that the scouts like. The scouts could teach others about this new type of Fast Food! How about taking on other food-growing projects? While it takes much longer, growing all kinds of salad leaves can still be quite quick and produce a good crop.



SDG 13 Climate Action

SDG 13 aims to improve education and raise awareness on climate change mitigation. This activity can focus scouts on the major contributions to climate change made by food production and transport.



Find out more!

Visit - www.betterworld.ie
 Contact us - sustainability@scouts.ie
 Produced by the Scouting Ireland Sustainable Scouting Team