How to Sprout Seeds for Super Quick, Super Nutrition

Categories: Food & Water, Growing your Own

The nutritious value of sprouts is nothing short of amazing. All sprouts contain a higher concentration of vitamins, minerals, proteins, enzymes, anti-oxidants and trace minerals than when the plant is fully matured. When you add to this the fact they can be grown in a jar anywhere and they are ready to eat in 3-5 days, they are a no-brainer for preppers.

MRSs and tinned goods will keep you alive but you will not be in the best shape without getting some fresh fruit and vegetables into your diet as well. Sprouting seeds are excellent for this as there are many varieties with different nutritional properties. Personally I don't feel sprouting seeds can be overlooked when it comes to prepping and self-sufficiency.

See: How To Make Fresh Sprouts With Sprouting Seed