

# My Ten Top Reasons To Sprout

By Steve Wohlberg



Sprouts and microgreens are miracle foods. Personally, I've been sprouting for over 40 years. Below are my "Top 10 Reasons to Sprout." Scientific support for the incredible health benefits of eating sprouts can be found at [SproutingWithSteve.com](http://SproutingWithSteve.com).

## My Top 10 Reasons to Sprout

1. Much (or most) of the food people eat is either dead, or heavily processed. When you grow and eat freshly-cut sprouts, you are eating nutritionally-loaded LIVE food that is *far superior to practically anything you can eat*.
2. When a tiny seed germinates and sprouts, its protein, vitamin (A, B-complex, C and E), mineral, and trace mineral contents increase dramatically, sometimes hundreds of times from what was in the original seed. *Sprouts are powerhouses of nutrition.*

3. When you grow and eat your own sprouts and microgreens, you are eating *organic food* that hasn't been sprayed with cancer-causing pesticides. Organic food is expensive. Growing your own is much cheaper!
4. When you buy fruits and vegetables in a supermarket, they have usually been harvested weeks before you buy them, and during each day of storage, transportation, and sitting (in the produce section) they lose nutritional value. But when you eat freshly-harvested home grown sprouts immediately (which is what I usually do), *you get their fullest nutrient content*.
5. Purchased at a supermarket, the average price for a small plastic container of alfalfa sprouts is about \$4. But if you buy a small packet of alfalfa seeds, and grow them yourself, you may get 10x the sprouts for the same price!
6. Even if you don't have land, a garden, or an orchard, you can still grow a fabulous indoor garden and eat fresh, non-GMO, organic vegetables every day!
7. Even if you don't have a green thumb, you can still learn to grow beautiful, mouth-watering, fresh sprouts and microgreens like a pro.
8. Even if you have limited space in your house or apartment, all you need is a sink, some seeds, a jar or two, some small

containers, and small places on your windowsill or in a cupboard to grow lots of fresh sprouts!

9. Sprouts and microgreens are high in fiber which helps undigested food pass quickly from your body so it doesn't have time to rot within (contributing to colon cancer).
10. Sprouts and microgreens contain powerful properties that will enhance your immune system which helps your body fight deadly diseases like cancer.
11. Bonus reason: Growing sprouts and microgreens is fun! You'll love it!

**To learn exactly how to grow super-healthy sprouts and microgreens, where to get all your seeds and supplies, and even how to troubleshoot when things don't go 'just right,' see [www.SproutingWithSteve.com](http://www.SproutingWithSteve.com).**

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