

# The Essentialist

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Bigfork's Essential Stuff Newsletter -- Bringing People Together  
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## Sources for Sprouting and Juicing

### Seeds for Sprouting

Local (small or bulk purchases)

- Bigfork Health Foods, 837-0858, 8541 Hwy 35, Bigfork, MT (limited selection, but can order)
- Flathead Co-op (from Azure Standard: call 541-467-2230 to request a catalogue, or visit <http://www.azurestandard.com/catalog.php>)
- Mountain Valley Foods, 756-1422, 25 Commons Way, Kalispell, MT
- Withey's, 755-5260, 1231 S Main St, Kalispell, MT
- Timeless Foods (Great Falls area); <http://www.timelessfood.com/>
- see also AERO-MT Buy Fresh Buy Local directory (see <http://aeromt.org>)

Internet

- Azure Foods: <http://www.azurestandard.com/search.php?cat=SE>
- Sprout Man: <http://sproutman.com/sproutseeds.html>
- Sprout People: <http://sproutpeople.com/seeds.html>
- Sprouting.com: <http://www.sprouting.com/sprouting%20seeds.htm>
- Whole Life Greens: <http://wholelifegreens.com/Retail%20price%20list%203-08.htm>

### Hemp Bags

Sprout Man: <http://sproutman.com/sproutbag.html>

Sprout People: <http://sproutpeople.com/devices/bag/hempbag.html>

Withey's, 755-5260, 1231 S Main St, Kalispell, MT

### Flats/Trays

Hippocrates Institute

Large flats (17x17): <http://store.hippocratesinst.org/HHI-Sprouting-Trays-Large-P195C8.aspx>

Small flats (10x10): <http://store.hippocratesinst.org/HHI-Sprouting-Trays-Small--P94C8.aspx>

Sprout People:

Sprout Master: <http://sproutpeople.com/devices/sproutmaster/sm.html>

Trays: <http://sproutpeople.com/devices/tray/tray.html>

Whole Life Greens:

(10x10): <http://wholelifegreens.com/Retail%20price%20list%203-08.htm> (scroll down)

### Potting Soil

Mountain Valley Foods has Peco planting soil (contains peat moss in desired proportion)

## Juicers

### Electric Juicers

- Hippocrates Institute, Greenpower: <http://store.hippocratesinst.org/Equipment-C8.aspx>
- Sprout Man, Green Star: [http://sproutman.com/Green\\_Star\\_Juicer.html](http://sproutman.com/Green_Star_Juicer.html)
- Sprout People, Green Star: <http://sproutpeople.com/juicers/greenlife.html>

### Hand Crank Juicers

- The Wellness Center (103 Ponderosa Ln, Kalispell)
- Hippocrates Institute: <http://store.hippocratesinst.org/Equipment-C8.aspx>
- Sprout People: <http://sproutpeople.com/juicers/manual.html>
- Whole Life Greens: <http://wholelifegreens.com/Retail%20price%20list%203-08.htm>

## Books and Literature

- "Sprouts the Miracle Food" (<http://sproutman.com/sprouts.html> or <http://store.hippocratesinst.org>)
- "Sproutman's Kitchen Garden Cookbook" (<http://sproutman.com/cookbook.html> or <http://store.hippocratesinst.org>)
- "Nourishing Traditions" (<http://www.azurestandard.com/product.php?id=BK117>)

## Sprout Recipes (adapted from *Nourishing Traditions*, by Sally Fallon with Mary G. Enig, PhD.)

### Sprout Salad (Serves 4)

- 6 cups fresh mung bean sprouts
- 1 bunch green onions, finely chopped
- 1 Tbsp toasted sesame seeds
- 1/2 cup Oriental dressing (recipe right)

#### Instructions:

- Steam sprouts about 1 minute, or until just tender; let cool (or use raw).
- Add onions & sesame seeds.
- Mix dressing, add to salad and toss.

### High Enzyme Salad (Serves 4)

- 1 cup sprouted sunflower seeds
- 4 fresh carrots, peeled & grated
- 1 fresh young cucumber, finely chopped
- 1 fresh red pepper, seeded & finely chopped
- 1 fresh bunch green onions, finely chopped
- 2 oz. grated raw cheese (optional)
- 3/4 cup basic dressing (see right)
- 1 avocado, sliced
- radicchio or red lettuce leaves

Mix sprouts & veggies with dressing. Serve on radicchio or lettuce leaves; garnish with avocado slices.

### Oriental Dressing (makes about 1 1/4 cup):

- 4 Tbsp rice vinegar
  - 2 Tbsp Braggs Liquid Aminos
  - 2 tsp freshly grated ginger
  - 2 tsp toasted sesame oil
  - 2 tsp green onions or chives, finely chopped (optional)
  - 1 clove garlic, peeled and mashed (optional)
  - 1 tsp raw honey (optional)
  - 2/3 cup extra virgin olive oil
  - 2 tsp expeller-expressed flax oil (optional)
- Place all ingredients in a jar; shake vigorously.

### Basic Dressing (makes about 3/4 cup):

- 1 tsp Dijon mustard, smooth or grainy
  - 2 Tbsp plus 1 tsp raw wine or cider vinegar
  - 1/2 cup extra virgin olive oil
  - 1 Tbsp expeller-pressed flax oil (optional)
- Mix mustard and vinegar in small bowl with fork or whisk. Add olive oil in a thin stream, stirring all the while, until oil is well mixed or emulsified. Add flax oil and use immediately.

**Sprouted Grain Crackers** (2 dozen)

3 cups sprouted soft wheat berries  
1/2 cup sprouted sesame, onion, or poppy seeds  
1 tsp sea salt  
1 tsp dried dill, thyme or rosemary

**Instructions:**

Process all ingredients together in food processor for several minutes to form a smooth paste. Form into balls and roll into rounds on a pastry cloth, using unbleached white flour to prevent sticking.

Place on buttered cookie sheet and dry in a 150 degree oven (or dehydrator) until completely dry and crisp. Store in airtight container in refrigerator.