

How To Grow & Eat Wheatgrass

Growing and Eating Wheatgrass:

Wheatgrass is one of the most powerful natural healing foods. **IT'S ALIVE !!!**

How to Grow Wheatgrass at Home:

Material Needed:

- Minimum of one 10'W x 20.5"L x 2"H Plastic Tray; inside dimension (More is fun to watch them grow) (Makes about 8 oz. to 13 oz. of Wheatgrass Juice.)
- One glass mason quart jar – wide mouth
- One porous cloth to cover jar
- One rubber band to seal cloth to jar
- One spray bottle
- Good quality organic potting mix or soil
- Good quality peat moss
- Wheat, Hard Red is best (25 lbs. about \$6.35 a bag)

1. Get 2 to 4 cups wheat grain = 1 tray (approximately)
2. Put seeds into glass mason quart jar.
3. Fill several time, glass mason quart jar with filtered water and pour out several times and shake to remove dust.
4. Fill glass mason quart jar 3/4 full with filtered water.
5. Cover jar with a porous cloth or plastic screen secured with a rubber band for easy rinsing later and soak your seeds for 3 to 12 hours.
6. After soaking, pour out wheat water into a glass and drink it, because it is full of nutrients and acidophilus.
7. Rinse quickly with fresh water and drain out the water and keep on an angle so that it will drain well.
8. Rinse seeds twice per day, roughly 12 hours apart or one warm days more often.
9. Do this until you see little white shoots appearing, regular rinsing helps to keep seeds moist while they are germinating.
10. Now you are ready to plant your wheatgrass.

Preparing the tray:

11. Fill the tray with peat moss so that it is about 1/2" deep and then put about 1/2" to 1-1/2" of soil or potting mix.
12. Make sure that the peat moss, soil, or potting mix is damp before putting seeds.

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13. Spread the seed evenly over the soil or potting mix trying to make sure that it is only a single layer. Spread them out as evenly as you can. Someone will tell you that your seeds should not overlap each other, growers doing thousands of trays of wheatgrass growing, find that this is bunkers! To maximize your yield, your seeds must lay atop each other to some degree. Lightly sprinkle peat moss over the seeds to cover them, about 1/8".

Water Seeds Well:

14. Trays can be kept inside or outside. (I prefer inside, by my computer so I can watch them grow and eat them when ready.)
15. Seeds like a little sunlight to full sunlight, but be careful not to burn the tips or cause them to wilt.
16. Water at least several times a day or more using a hand sprayer and make sure soil is moist and that the water is getting to the roots. (Do not over water)



Seeing Mold:

17. Mold growth is very common when growing wheatgrass.
18. Because the seeds are grown very close together the moist conditions is the perfect place for mold to grow, more so when it is warmer.
19. As irritating and bothersome as it might be, the mold has been found to be harmless and just cut above the affected areas.
20. To reduce mold is best to use the freshest seeds.
21. Seeds should be in a well ventilated area to help reduce the mold.
22. When it gets hot, move to a place that is the coolest to reduce mold.
23. On hot days, reduce soaking seed.
24. Remember not to over water your seeds.
25. When seeds fail to germinate it is because the seeds are drying out too fast after planting.

Collecting the Wheatgrass:

26. The proper length is about 6" to 8" or more, your choice.
27. Cut the grass right down to about the seed level or just above the molded area with scissors.

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28. For those with gluten allergies, do not juice the seeds, only the green grass.
29. Enjoy your juice. (a friend told me it tasted like “Pea Pods”, to me too.)
30. Remove the peat moss, soil, or potting mix and put it into your compost pile and clean the trays out and remove any mold.
31. Wheatgrass has many vitamins, minerals, enzymes, protein, chlorophyll, amino acid, Superoxide Dismutase (SOD), Transhydrogenase, Lipase, Cytochrome Oxidase, Protease, Amylase, and it is one of the fastest ways to cleanse the body.

Great Benefits:

Acts as an appetite suppressant

Builds muscle and endurance

Cleanses and builds your blood

Dissolves tumors

Feel a difference in strength, endurance, health, and spirituality, and experience a sense of well-being

Fights infections

Improves skin and hair

Improves the digestion

Keeps the hair from graying

Lowers blood pressure

Neutralizer of toxins

Pyorrhea of the mouth

Reduces high blood pressure and enhances the capillaries

Skin problems such as eczema or psoriasis

Sore throat

And much more...

Wheatgrass contains all of the vitamins and most of the minerals needed for our maintenance and well-being.

Wheatgrass is also a complete protein with about 30 enzymes and about 70% chlorophyll.

Wheatgrass acts as a natural appetite suppressant.

By eating the foods which are mostly cooked, highly processed, nutritionally empty, our bodies become sick.

Wheatgrass juice gives you the chance to heal your self.

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Check out the thousands of websites on Wheatgrass, list many benefits to the body and good health.

A 17"x17" (289 sq. in.) Wheat is about 7" to 8" Tall.						
Tray of wheat grass will produce 15 ounces (avg) of juice.						
A handful of wheat grass will yield approximately						
1oz of fresh juice. (about 5% of tray.)						
Inch		Inch	=	Sq Inch	oz.	oz.
17	X	17	=	289	12.00	18.00
16	X	18	=	288	11.96	17.94
15	X	19	=	285	11.83	17.75
14	X	20	=	280	11.63	17.44
13	X	21	=	273	11.34	17.00
12	X	22	=	264	10.96	16.44
12	X	23	=	276	11.46	17.19
12	X	24	=	288	11.96	17.94
11	X	24	=	264	10.96	16.44
11	X	23	=	253	10.51	15.76
10	X	23	=	230	9.55	14.33
10	X	22	=	220	9.13	13.70
10	X	21	=	210	8.72	13.08
10	X	20.5	=	205	8.51	12.77
10	X	20	=	200	8.30	12.46

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