

Fancy a snack? Grow one!

It's always nice to eat something you grew yourself. Here's a good way to get started...
It doesn't need a lot of equipment, it's easy, it won't take up much space and it's cheap!

Today's snack is Beansprouts which are super in a salad and fun to sizzle in a stir-fry.

You will need:

- A clean jar
- Some Mung beans (big supermarkets have them, and they're cheap)
- Garden centres and the Home Hardware chain of shops have them in the seed display, it's a bit dearer to buy them this way.
- A piece of thin cloth (or, a bit cut from old tights would be good)
- A rubber band and
- Water at room temperature.

What to do:

- 1 Put a good handful of beans in the jar.
- 2 Fill the jar with water. Cover with cloth. Use the rubber band to hold it on. Leave overnight.
- 3 Next morning, empty out the water, rinse the beans in fresh water, and pour that water out, too. Leave the beans (now a bit damp) in the dark, till tea time.
- 4 Rinse the beans (emptying the water out), put the cover back on, and stand the jar upside down in a saucer. Do this evening and morning, for 3 to 5 days.

If you like white beansprouts, grow them in the dark. Keeping them in daylight will give you green ones. Your choice! Either way, they're delicious.
- 5 Rinse and add to salad, or with adult help, stir-fry for a minute, and dress with soy sauce.







Bye for now,

Mr Clarence