

# W.H.PERRON

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## WINTER HARD WHEAT - sprouts and microgreens

The wheat can be used as soon as a small white dot appears, before the roots develop. Group germination is ideal, which is good since we usually require a lot to make bread, for example (seed sprouter: midway filled).

Seeds soaking (hours)	Rinse/drain per day	Days to harvest		Yield (weight ratio)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
8-12	2-3	2-4	10-14	2 : 1	1 : 1



Seeds



Sprouts / 2 days



Sprouts / 3 days



Shoots / 8 days

**Taste** Slightly sweet and enjoyable.

**Aspect** Oval shaped, light yellow in color.

**Nutrient** Wheat has a great nutritional value. Rich in A, B2, B6, C et E, vitamins, proteins, fluids, many mineral salts: calcium, magnesium, iron, zinc and enzymes.

**Use** You can use in salads or cereals, making bread or Essene patties. Wheat sprout is mostly used in juices.

**Note:** We find more and more people gluten intolerant, which is contained in the wheat seed and can be an allergy-inducing substance that may cause excessive mucus secretions. During the germination process, a good portion of the wheat starch is transformed into simple sugars which are better tolerated.