

WINTER HARD WHEAT

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).

Soaking ***	Germination ***	Sprout ***	Watering ***	Conservation ***
12 hours	2 days	8 days	2 times / day	3 days (fresh)



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.