

How can I grow my Mung Bean and Adzuki Bean like restaurants and salad bars? Growing Mung and Adzuki Beans Taken from *The Sprouting Book* By Ann Wigmore Avery Publishing Group, Inc., 1986 Pp. 48 - 49 Mung or Chinese bean sprouts and adzuki bean sprouts taste best when they are grown away from light and under pressure. Exposure to light tends to make them tougher, as the process of photosynthesis stimulates the development of cellulose as well as chlorophyll in the growing sprouts. When you finish reading this section you will know how professionals grow the beautiful bean sprouts sold in supermarkets. To begin you will need a cylindrical container that is about ten to twelve inches deep and ten to fourteen inches in diameter. It should be made from stainless steel. (Do not use aluminum, as it is chemically reactive.) Punch or drill holes, three-sixteenths of an inch in diameter, at one - to two-inch intervals all around the container, including some on the bottom. You will also need a plate (or other cover) that fits down inside the container, and a weight that will press down on the cover. A clean masonry brick will work well as a weight. This setup will keep light out and force the sprouts to push against each other and against the weight as they grow, making them thicker and more juicy. You will need one or two cups of raw, unsprouted mung or adzuki beans for a container of the size described above. Soak the beans in a jar of water for twelve hours. Then pour off the water, rinse the beans and place them in the stainless steel container. Put the plate on top, but do not add the weight at this time. You will also need a dark-colored plastic container a little bit larger than the stainless steel one, to help keep out any light. Place some stones or a wire rack in the bottom of the plastic container; then set the stainless steel container on top (it should fit completely inside the plastic container). The stones or rack will allow air to circulate and prevent excess water from damaging the bottom layer of sprouts. In the morning and the evening, take out the stainless steel container, remove the plate, and rinse the sprouts under cold water for about two minutes. Then let the water drain out of the holes for a few seconds before replacing the plate and putting the container back inside the plastic one. On the third day of sprouting, place the weight on top of the plate. Continue to rinse the sprouts twice a day for another four to five days, or until they are large and plump. If you encounter a problem with spoilage, try rinsing the sprouts more frequently, making sure that the water you use is cold. If this does not help try purchasing another batch of bean seeds.