



# Sprouts, Micro-greens and Biogenic Healing - Fact Sheet

## What are sprouts and micro-greens?

Sprouts and micro-greens are germinated plant seeds which have grown for a few days, or up to two weeks. Sprouted seeds are a rich source of protein, as well as vitamins, minerals and enzymes.

## What is biogenic healing?

The word 'biogenic' stems from 'biological genesis' or biological creation. Biogenic food includes food that is eaten raw, fresh from a garden, within 24 hours of being picked. Biogenic food includes sprouts.

There is a growing body of evidence that suggests biogenic food can have significant health benefits. Biogenic food has an alkaline forming effect on our blood which promotes health and may reduce the risk of cancer and degenerative diseases. Wheat grass is an example of a biogenic food which has been recognised around the world for promoting good health.

## What are the benefits are growing sprouts and micro-greens?

Some of the benefits of growing sprouts and micro-greens include:

- They are fast growing – for example mung bean sprouts will grow in 2-3 days;
- They require very little equipment;
- They can be grown in small spaces – ideal for balconies, courtyards or even a sunny indoor position;
- Children are fascinated by growing sprouts and micro-greens, making this a great family or school activity.

## Sprouts and biogenic healing facts

- Sprouts are easy to grow and high in nutrients.
- You can achieve health benefits by eating at least a percentage of biogenic food.

*To learn more about growing sprouts and biogenic healing come along to one of Kimbriki Eco House and Garden's [Growing Sprouts and Biogenic Healing](#) workshops.*

---

For more information visit [www.ecohouseandgarden.com.au](http://www.ecohouseandgarden.com.au), email us at [info@ecohouseandgarden.com.au](mailto:info@ecohouseandgarden.com.au) or contact us via the Kimbriki Resource Recovery Centre on 02 9486 3512 (Tuesday, Wednesday and Friday).