

# Growing Wheat Grass Juice without Soil Using Salt Water

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1 Use 1 pound of Hard Winter Wheat

2 Using plastic drain trays for flower pots 11" diameter ( you can use any size, but this fits in most sinks) I am suggesting this as a guideline. You may use other kinds of trays but to grow in this way without soil, the edge around the tray needs to be at least 1 ½ inch high.

1 SOAK 1lb of wheat berries in a large container. Cover to the top with water, several inches above the berries. The Berries will Swell as they soak. Stir in 1 pinch of sea salt. Soak for 12 hours. Use a large jar that you can put screen over the top or use sprout bags. Make sure your container is clean. You may want to pour scalding water over the container once. If you ever get mold in your grass, you will want to scald your container before using it again.

2 Drain off water. Discard water.

3 SPROUTING

Rinse Seeds well with cool water twice a day. Amply fill and shake the berries in the water and drain immediately. Let them sit, so that they drain well all day. Rinse morning and night. Do not leave in direct sun. For 3 days.

4 PLANTING

Rinse Berries and Drain well. . Spread berries in your tray about ¼" thick, evenly and to the edges. Cover the tray with another tray or a plate. 1 pound of berries will fill 2 11 inch trays. Let this sit 12 hours.

5 WATERING - Morning and evening for the next 3 days.

In the sink put about 4 inches of water deep. Add ½ tsp of sea salt. Then take the sprouting tray and cover it with the empty tray. Securing the cover, submersie the two trays under water so water fills the sprouted wheat tray. Slowly life out of the water, while holding edges firmly. Drain Completely. If you have a hard time draining the train you may put holes in the bottom. In Costa Rica, where it is very humid, I grow this way without holes in the tray bottom, but it's up to you.

Keep covered.

Continue until grass is about 1 inch high.

6 Keep rinsing but you won't need the cover tray any more. Just hold the grass in the tray with your hands. Drain well.

7 Let Grass sit in indirect light during the day. Cover is no longer required.

8 HARVEST – depending on temperature – harvest between 7 – 10 days old. When it's 8 inches high you can harvest. You can cut it at earlier stages. Cut as close to the roots as possible. Do not juice the roots.

9 You can order an inexpensive, plastic wheatgrass juicer from Hippocrates Health Institue Green House – 1-561-842-2125. Please mention that I referred you. It's less than \$50 is and very portable. I often travel with this juices and the trays of wheatgrass in my suitcase!

10 SUNFLOWER AND BUCKWHEAT GREENS

You can do sunflower greens and buckwheat greens in the same way. ( use unhulled seeds to start.)

