

# Cultivation box "G" for wheatgrass

## Instructions for an easy growing without soil

**ESCHENFELDER**

*Qualität für ein gutes Leben*

From the grass you can press a green chlorophyll juice that is extremely nutritious. This juice, considered for centuries as a wonder-elixir in other cultures, is recommended for treating many diseases. It is also recommended as a natural food supplement to be taken regularly as a prophylaxis.

Cultivation box 60 x 40 cm: sprout 440 g organic wheat

Cultivation box 40 x 30 cm: sprout 220 g organic wheat



### Soaking and rinsing the seeds

The growing of the seedlings is very simple in the Eschenfelder Glass Sprouting Jars:

Soak the grains for 12 hours - use one Sprouting Glass for 220 g and two for 440 g seeds. Pour off the water and leave the jar inverted at an angle (f. e. Eschenfelder rack). This guarantees a perfect drainage and air-circulation. Rinse the seeds/sprouts twice a day under running water and leave to drip inverted at an angle. You might just as well grow the seedlings in other utensils or a bowl.

### Spreading the seedling upon the sieve

After 2 - 3 days the roots will be half a centimeter long. Now spread the seedlings evenly on the sieve and put the sieve into the box. Cover the box with another box or a lid (f. e. Eschenfelder cover lid) in order to darken the seedlings and to prevent the grains from drying out. Rinse the seedlings twice a day.

The stainless steel feet define an ideal distance to the bottom of the box, so that the powerful roots may develop unimpeded. After two days the roots will have reached the bottom and you can remove the cover. Expose the wheatgrass to the light so that it may produce the precious chlorophyll, but not direct sunlight. Rinse the grass thoroughly at least once a day. You may either fill the box completely with water and then pour the water away or dip the sieve into the Eschenfelder rinsing box to save water. You can also leave the water in the cultivation box for up to 4 hours as this prevents mould from accumulating around the grains

### Harvest

After 10-12 days the grass is 12-15 cm high and is ready to be harvested. The best harvest-time is just before the green changes its colour. Rinse the grass again before you cut it off with scissors. If you see that mould has accumulated around the grains, cut the wheatgrass 1-1,5 cm above the grains. It has no effect on the quality of the grass.

**Special feature:** The cultivation without soil enables you to also harvest the roots. The roots increase the amount of juice and their sweet taste mellows the strong wheat grass-juice flavour.

Drink the juice immediately after extraction, as it deteriorates quickly in quality and taste. You can also mix it with mineral water, herbal tea or fruit and vegetable juice. Do not use it with liquids that have a high acidity or that contain any citrus fruits as the acidity destroys the chlorophyll. ***You will get accustomed to wheatgrass juice and its particular flavour, so it is best to begin with small amounts!*** For example 3 to 6 cl.

### Cleaning

Remove the remaining roots and grains from the sieve and soak it in lukewarm water. Scratch off the remains with a spatula or knife. Then rinse the sieve by hand or in a dishwasher after having removed the plastic edge protection. The sieve and the handles are made from stainless steel, the special polythene plastic is used in medicine.

**The important things in life are easy, we have just got to perceive them (not so easy) and do them: We hope that maybe from now on wheatgrass juice will be one of the simple and realizable daily events in your better life!**

*The Flower Box mit Eschenfelder Team*

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