

Wholesome Recipes

from the **Amazing Wheat Book**

by LeArta Moulton



Growing and preparing wheat grass

Fresh wheat grass juice is an ideal food for anyone who wishes to prevent illness and have improved health. The fresh juice of young wheat plants helps to nourish every cell of the body and cleanse them of toxins. It is one of the most effective ways to healthfully supplement your diet. Wheat grass contains vitamins, minerals, chlorophyll and enzymes.

Place 1 inch fertile dirt on a plastic seed planting tray that has drainage in the bottom. Plant in this soil wheat that has been soaked 12 hours and allowed to sprout 12 hrs. It will germinate and send up green shoots. Water the planted tray, cover with another and set aside for 2-3 days. On the 4th day uncover, water and put in indirect light. Water each day to keep moist. When about 3 to 4 inches tall, cut off the top 2 inches with scissors or a knife and use it as a raw or cooked vegetable. For juicing, let grass grow 7-10 inches before cutting. Several companies sell hand or motorized juicers for wheat grass.

Note: For a soil free method to grow wheat grass see "Passport to Survival" by Dickey and Bingham.

For detailed information on growing and using wheat grass see "The Wheat Grass Book" by Wigmore.