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**Sprout for Health this Winter with Lettuce Grow**

Learn how to grow your own sprouts, edible grasses, and greens year-round with holistic nutritionist and educator Raymond Bacon. Starting off his BC tour in Campbell River, Raymond will share with you how to maximize your nutrition and teach you how to grow fresh food year-round. Join us for another Lettuce Grow workshop, “Grow Your Own Sprouts and Edible Grasses” on Oct 1<sup>st</sup>, from 6 to 8 p.m. at North Island College.

With a focus on nutrition and sustainable food principles, Bacon shares insight into growing small quantities of food, such as sprouts, to help address global issues such as greenhouse gas emissions from food waste, and impacts to land and water from intensive agriculture production.

“Roughly 1/3 of all agricultural food produced for human consumption, goes to waste. From farm to table, this figure is enormous. If this waste was a country, its 3.3 gigatonnes of emissions would make it the third highest-emitting country next to China and the USA. Not to mention that its sheer volume alone would cover 30% of all arable land. Developing a relationship with food allows new possibilities to emerge. Growing your own food in the form of sprouts can be one of the most efficient ways to conserve food while maximizing your nutrition,” Bacon says.

The workshop costs \$36.00, and will teach participants both the benefits and simple steps of growing sprouts. Participants will learn about the wide variety of sprout seeds, which have a variety of flavours ranging from spicy radish sprouts to fenugreek tastes of maple syrup.

“Sprouts can add fresh enzymes, chlorophyll, and some nutrient density to your winter diet. If you can grow your own, even better! It takes less than two minutes per day for 3-5 days and you will have fresh, cheap sprouts. Visit the Lettuce Grow facebook page for some video tasters from Bacon as he tells us about clover sprouts.” says Kira DeSorcy, Lettuce Grow lead instructor.

For more information or to register for a Lettuce Grow workshop visit <http://www.nic.bc.ca/continuingeducation/> and search for GENI 7938 or visit your local campus.

Like this article? What to hear more? Is there a workshop you would like us to organize? Write us your questions and requests to [growlocal@campbellriver.ca](mailto:growlocal@campbellriver.ca)

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