

## Facts about Wheatgrass Juice

Cooking destroys 100% of the enzymes in food. Cooking releases more flavor in some vegetables, but it also destroys their enzymes and other nutrients. Therefore, Wheatgrass juice is perfect for times with no fresh fruits and vegetables for providing essential nutrients.

- ◆ Is theoretically capable of sustaining health and life for weeks or even months at a time.
- ◆ 3-6 oz. of fresh Wheatgrass juice every day or so will supply nearly as much vitamins and minerals as the food the average person eats each day.
- ◆ *Fifteen Pounds of Wheatgrass is equal in protein and overall nutritional value 350 pounds of ordinary garden vegetables!* (Don't just try to live on this, though)
- ◆ It detoxifies the blood and strengthens the immune system
- ◆ Protection against pollution by neutralizing toxicity. It acts to strengthen the cells, detoxify the liver and bloodstream, and chemically neutralizes the polluting elements themselves, in addition neutralizes offensive odors in foods, as well as many other types of foul smelling body odors such as bad breath.
- ◆ Contains liquid oxygen which will dilate the blood vessels, making the blood flow more easily.
- ◆ Helps the liver stay vital and healthy.
- ◆ When the "blood" of plants is absorbed in humans it is transformed into human blood, which transports nutrients to every cell of the body.

### Vitamins

Vitamin C: Same amount as citrus and other fruits, and more than common vegetables like tomatoes or potatoes.

Vitamin A: As much as dark green varieties of lettuce (3x more than iceberg) and more than most fruits.

Also has Vitamin B and Vitamin E

### Minerals

Calcium: As much as milk.

Iron: Half as much iron as spinach or other greens that are good sources of iron.

Sodium: Equal to what is found in an onion or tomato.

Potassium: As much as citrus fruits, grapes, apples or melons.

Magnesium: As much as in broccoli, Brussels sprouts, beets, carrots, or celery.

### Amino Acids

Contains 17 Amino Acids (Protein) and all of the eight essentials.

All of the enzymatic activity in Wheatgrass adds up to one vitally important thing – greater strength and resistance to pollutants both outside and inside the body.

In addition to drinking Wheatgrass juice, there are dozens of other ways you can benefit from it. For example, Wheatgrass juice can be used as a scalp treatment for lusterless hair, or as a cleanser, astringent, and tighter for all types of skin. Several drops in each nostril will help to clear blocked sinuses, and a few ounces in your bath water or rubbed into your skin will stimulate healthy circulation and give you a warm glow. Helps heal cuts and bruises faster, and draws poisons out from deep inside the body so they can be eliminated.

### **Growing Wheatgrass for Juicing**

- Seeds:** I used seeds purchased from the Bishop's Storehouse in St. Louis. (*NOTE: DO NOT use wheat that has been stored using oxygen packets.* This "kill" the wheat. If you plan on sprouting wheat, label a bucket specifically for sprouting and do not nitrogen flush or put an oxygen packet in it. Bay leaves will work well for wheat that will be used for sprouting.)
- Soak:** (1-Cup of dry wheatberries for a 10"x14" tray) before planting, soak wheatberries in a wide-mouth jar, cover jar with squares of cheese cloth and secure with a rubber band, and let it sit overnight (or for twelve hours). Drain the wheat after soaking, and rinse it well. Let it sprout in the jar at a 45° angle for another twelve hours. Total time between washing and planting – 24 hours.
- Plant:** Now spread a smooth, even layer of soil one inch deep at the bottom of the tray, leaving small trenches around the edges to catch excess water. Pour the sprouted wheat in the middle of the tray and spread it out evenly with your hands, covering the soil. (Ideally, one seed should touch another on all sides, but should not have any others piled on top of it.)
- Water:** Sprinkle the tray with water, making it damp (but not swampy), and cover with another tray. (This creates a mini-ecosystem that duplicates the conditions under which wheat would normally grown outdoors.) Set aside for 2-3 days.
- Uncover:** At the end of 2-3 days uncover the trays, water them, and set them out in indirect light. (If you uncover a tray and see a bunch of greenish-blue mold instead of Wheatgrass, you may have had bad seeds or you may have drowned them by soaking them too long. It is also possible that you over-watered the tray and/or placed it in too warm a spot to germinate. If so, start over).
- Harvest:** After about 6-12 days your Wheatgrass will be about 7-10 inches tall and ready to harvest. Cut as close to the soil as possible.
- Juice.** Once juiced it will begin to go bad in a half-hour, and be completely spoiled in twelve hours. Store cut Wheatgrass in the refrigerator (do not rinse first, as the water speeds its decomposition). Cut grass can be stored for up to seven (7) days in plastic bags in the refrigerator.

Tray of Wheatgrass yields about 7-12 oz. of juice

**Sources:** The Wheatgrass Book by Ann Wigmore  
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