



Last year I posted about making myself a [peanut butter and lettuce sandwich](#) . In response Amy left a comment suggesting I try peanut butter and sprouts because it's really, very good. It took me a while but I can now agree with her wholeheartedly. Peanut butter and sprouts is even better than peanut butter and lettuce. The sprouts have crunch.

Even better, I grew the sprouts myself. These ones grew to edible size in less than a week. We had them last night for dinner too. The seeds are a Sandwich Booster mix with things like clover and radish to spice things up a bit. So far growing sprouts has been one of the most satisfying gardening things I've ever done. It's as close to instant gratification as you could get and still grow food from seeds. If you haven't done it yet I highly recommend it; all you needs is a mason jar, a [mesh lid](#) and a [pack of seeds](#) . Soak your seeds for a few hours (or forget and leave them over night ... Oops), drain them, then rinse and drain them once or twice a day until they are ready to eat. Just leave the jar on the counter reclining in a bowl to catch the drips. Easy peasy, fun and delicious.