

# HIPPOCRATES HEALTH INSTITUTE

[www.HippocratesInstitute.org](http://www.HippocratesInstitute.org)

## **Hippocrates Health Institute Offers Secrets On How To Grow Wheatgrass**

*June 29, 2015*

June 29, 2015 - PRESSADVANTAGE -

West Palm Beach, Florida based non-profit company, Hippocrates Health Institute has announced that they are ready to share their secret on how to grow wheatgrass. The company is reportedly known for being one of the best providers for fresh wheatgrass, with reviews stating that it is sweeter than other varieties. Brian Hetrich, the Greenhouse Manager for HHI can be seen in a company video, describing their process in easy to follow steps, which do it yourselves at home are encouraged to try out.

The process begins with the best quality seeds, and Brian used red hard winter wheat berries for his own demonstration. He explained that the seeds must be germinated before planting, and continued to utilize a sprouting vessel for this part of the procedure. A sprout bag was one of the suggestions for home growers to try, but in the video, a standard mason jar was used with holes poked in the lid for drainage.

One cup of red hard winter wheat berries went into the jar and were soaked for eight hours at room temperature. Hippocrates Health Institute suggests that filtered, clear, room temperature water is utilized during this part of the germination period. After this the sprouting lid (mason jar lid with holes) went onto the jar so that it could be drained and left at a 45 degree angle on a dish rack. Despite just being soaked and

drained, Brian Hetrich stated that those who wish to follow along should continue to rinse their berries three times, each rinsing period spaced by about twelve hours. When this is complete, the germination process is also complete.

To know whether or not a berry is ready for planting, Hippocrates Health Institute tells wheatgrass growers to look for small white nubs beginning to grow. It is described in appearance as a small white nub, this is a sign that they are ready for planting. A tray filled with half an inch of organic potting mix is reportedly the next step, with a thin layer being all that is needed. This must then be lightly compressed with the back of a second tray or another flat object before the surface is moistened with a misting bottle and seeds can be planted.

Unlike planting the seeds for flowers or many other edible items, the wheatgrass seeds do not need to be pushed deep inside of the soil. Instead, they are sprinkled onto the soil from one side to the next in a single layer. The non-profit company warns that seeds should be side by side and not one on top of the other for proper sprouting. Again these are misted with the spray bottle, and then covered with a second tray to block light. The seeds should be watered twice a day for a period of seven days, and on the third day Brian Hetrich says that the covering tray can be removed, but that the baby sprouts must never be placed in full sunlight.

When asked, "how to grow the best wheatgrass," the non-profit company encourages at home planters to use a sprout lid for watering as it will help to distribute the water evenly and not disturb the sprouts that are beginning to form. Roots will start to enter the soil and are protected below, but harsh watering methods can move this soil around and cause the wheatgrass to regress. Eventually these little sprouts will enter into what Hippocrates Health Institute describes as the jointing stage and can be harvested as they are now mature and at their sweetest flavor.

###

For more information about Hippocrates Health Institute, contact the company here: Hippocrates Health Institute Lindsay Johnson 561-471-8876 ext. 2014 | [ljohnson@hippocratesinst.org](mailto:ljohnson@hippocratesinst.org) 1466 Hippocrates Way West Palm Beach, Florida 33411

## **Hippocrates Health Institute**

*Hippocrates Health Institute flourishes within a lush, tropical 50-acre setting in West Palm Beach, Florida. The goal of the institute is to help people internalize and actualize an existence free from premature aging, disease and needless pain.*

Website: <http://www.hippocratesinst.org>

Email: [ljohnson@hippocratesinst.org](mailto:ljohnson@hippocratesinst.org)

Phone: 561-471-8876 ext. 2014

