

THE ITEM

Sprouts touted as part of healthy eating workshops, hosted by Clinton-based organizations

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CLINTON – From a tiny seed a sprout will grow.

For Priscila Espinosa and Maria Rodriguez, a mother-daughter team, that is the start of a healthy diet.

“Sprouts are a super food,” Espinosa said

She said specific herbs can also help with specific concerns such as health support, anxiety or pain management

Germinemos (“Let’s Sprout” in Spanish) and SproutChange will be providing free multilingual Spanish/Haitian Creole/French/English educational programming on no-dig gardening, healing foods, natural remedies, and herbs in the North Central Mass. region.

Espinosa and Rodriguez have been in the planning stage and are getting ready for spring workshops that include no-dig gardening and wellness workshops.

In 2015, they did a workshop on garden-to-table using things such as sage and vegetable and the businesses grew from there.

In the spring, they will kick off workshops offering “sprouting 101 with the why and how of sprouts.”

Rodriguez is an expert on sprouts, Espinosa said of her mother’s experience.

“One of the reasons they are so important is because it has food available,” Espinoza said: “Fresh and available.”

She said, “It is difficult to find green leaves, but sprouts are ready in seven to 10 days.”

Rich in vitamin C, she said, the sprout is “like a multivitamin. It is a really good food.”

Germinemos is a Clinton-based sole proprietorship that helps those aspiring to change their lives with a healthier diet through a culinary institute where students learn step-by-step how to improve or reverse lifestyle illnesses. Its mission is “to transform people’s lives through what they eat starting with learning how to sprout their own healing foods. Our vision is to inspire our global audience to sprout a new and healthier lifestyle using food as a medicine.”

SproutChange is a social enterprise that helps clients “sprout change” in their lives using food as medicine, natural remedies, and herbs.

“SproutChange was inspired by my healing journey,” Espinosa said. “Our social mission is to empower everyday people to become autonomous with their overall health. Our social vision is for SproutChange to become a global transformative grassroots movement that not only helps everyday people transition into a healing foods diet and lifestyle but also empowers us to regenerate our shared earth and natural resources in a resilient manner.”

She said efforts for no-dig gardening will start this fall and continue in the spring.

The plan could see the workshop at Clinton's Bigelow Free Public Library, 54 Walnut St., or online. The no-dig project would be based in Fitchburg.

In November, they plan to start the wellness workshop and are working on determining the best times.

Information and times will appear on the website, mysproutchange.com and on their social media pages.

SproutChange will be going on its fourth year of its No-Dig Garden workshop series, she said.

“It is our solution to food insecurity and climate change. The benefits of a No-Dig Garden are that you can grow more in less space while utilizing fewer resources,” Espinoza said.

SproutChange and Germinemos were awarded a two-year, \$127,660 grant by UMass Memorial Health HealthAlliance-Clinton Hospital to help in their missions.