

# Garden club offers tips on sprouting seeds for food

The Hill and Dale Garden Club of Farmington offers these tips on growing sprouts along with herbs on the kitchen windowsill.

Growing sprouts is beneficial and easy to do. Sprouting seeds for food is economical, nutritional and doesn't require much space or time. The end result is that you are rewarded with delicious and fresh produce, which is organically and conveniently grown on your kitchen window or counter.

Sprouts are nutritional with a multitude of proteins and minerals as the seeds sprout with

starch sugars, starches and fats within the seeds. Sprouts are high in mineral content, providing magnesium, calcium and phosphorus, as well as trace minerals such as selenium, manganese, zinc and chromium.

**Suitable sprouting seeds**  
There are a wide variety of seeds suitable for sprouting. Most people are familiar with the mung bean and soybean sprouts used in oriental cuisines, but there are many more sproutable peas and grains, from adzuki and garbanzo beans to millet,

barley, peanuts, lentils and green peas. These legumes and grains are all fast growing, requiring three to seven days from seed to ready-to-eat sprouts.

The seeds can be sprouted in jars. The materials needed are a sterilized glass jar, a piece of cheesecloth, nylon hose or netting and an elastic band. Rinse sprouts twice a day with tepid water and allow to drain thoroughly. Put the jar in indirect bright light. The glass jar method has its drawbacks as the sprouts become too crowded and

tend to yellow.

## Sprout bag popular

One popular alternative to sprouting seeds is the sprout bag which is made from natural flax plant fibers. This bag needs to be dipped in water twice a day. The woven fiber allows for drainage and air circulation, and it expands as the seeds grow.

Vertical sprouting is another method. Each seed grows upright, with exposure to light and air. Vertical sprouting produces chlorophyll rich green leaves that can be tossed in a salad. Vertical sprouting is done

in a bamboo basket or plastic colander, which is placed in a plastic bag. The seedlings should be rinsed gently twice a day with tepid water from the spray hose on your sink. Allow the basket to dry before putting it back in the plastic bag. Seeds used in the vertical method include radish, cabbage, mustard, alfalfa, clover, buckwheat, red pea, garlic, onion and chia.

Purchase only organic seeds. It

helps to speed up germination if you presoak the seeds for six to eight hours before placing them in the jar, sprout bag or basket. Remember indirect bright light is needed for each sprouting method.

A good source for obtaining information and a free catalog is to write: The Sprout House, P.O. Box 1100, Dept. FG, Great Barrington, MA 01230.

## Jewish Community Center hosts family events

Have you ever had the desire to make a Jewish quilt? How about creating a family cookbook or a memory book? Want to learn more about your Jewish family heirlooms?

If your interest has been piqued, join the fun and learning at "Calling All Generations: Create and Preserve Your Family Memories," from 1:15-4:30 p.m. Sunday, April 2, at the Jewish Community Center in West Bloomfield.

The program will kick off with intergenerational entertainment featuring Temple Beth El Klezmer Kids and Yeshiva Beth Yehuda Boys Choir. Also, remarks will be made by Rabbi

Aaron Bergman of Congregation Beth Ahm.

Participants can choose from four workshops: "From Soup to Nuts: Creating a Family Cookbook," "The Art of the Spool: Oral History and Family Memory Books," "How to Make a Jewish Quilt and Other Family Legacies," and "Dust Off Your Treasures: Discover and Discuss the Meaning of Jewish Ceremonial Art," which will be hosted by Arthur Feldman, a foremost authority on Jewish art and antiques.

For children ages 5 and older who are accompanied by an adult, there will be special programs sponsored by Jewish

Experiences for Families including "Hang Matzah from the Ceiling and other Seder Memories," "Baking with Bubbe" and "Creating Jewish Treasure Boxes."

Sponsors of the event are the Jewish Federation, Greater Detroit Community Outreach and Education Department and the Leonard N. Simons Jewish Community Archives; Jewish Apartments and Services; Jewish Community Center; Jewish Experiences for Families program of the Agency for Jewish

Education; Jewish Family Service; Jewish Vocational Service; the LeVine Institute on Aging of the Jewish Home and Aging Services; Detroit Jewish News; HD9 Services; National Council of Jewish Women, Greater Detroit section; and Ben N. Teitel Charitable Trust. Linda Lee is chairing the event.

Admission is free, but pre-registration is required by March 24. For more information or to request a registration form, call 248-203-1468.

## Harvest Temple conference Saturday

Harvest Temple Worship Center's Women's Ministry's Second Annual Women's Conference, "Renewed in the Potter's Hand," will be held from 8:30 a.m. to 3:30 p.m. Saturday, March 18, at Harvest Temple Worship Center

Church of God in Farmington Hills.

The cost is \$20 for the day including your lunch, T-shirt and gift bag. Call 478-1511 for more information and to register.

**FREE "GREEN" DRINK**  
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**CITY OF FARMINGTON HILLS  
OAKLAND COUNTY, MICHIGAN  
NOTICE TO CUT WEEDS**

It shall be the duty of all owners within an area of 100 feet or less from a platted subdivision, or a single family residential condominium; or within 100 feet of any major road, to keep noxious vegetation or lawn grass growth to a maximum height of no more than eight (8) inches above ground level or a level which prohibits a flower bearing state, whichever level is less. Noxious vegetation and lawn grass growth not appropriately cut by June 1, 2000, and thereafter for the remainder of the year may be cut by the City and the owner will be charged with the expense and costs of such cut as provided in Article II Section 17-29 of the Farmington Hills City Code. This may be done as many times as is necessary during the growing season. In addition to the above costs assessed pursuant to Article II Section 17-29 through 17-31 for each cutting of noxious vegetation or lawn grass growth by the City or its agents, any owner who has refused or otherwise failed to cut noxious vegetation or lawn grass growth as provided for in Article II Sections 17-29 through 17-31 shall, upon a finding of responsibility, be subject to a civil fine of not more than Five Hundred and no/100 (\$500.00) Dollars together with the costs of prosecution which shall include actual attorney's fees incurred by the City. The term "noxious vegetation" means those plants described in Section II of Act No. 359 of the Public Act of Michigan of 1941 (MCL 247.62; MSA 9.631 (2)), as amended, and all types and varieties of wild grass and weeds which exceed the height of eight (8) inches above ground level.

KATHRYN A DORNAN  
City Clerk

Published March 16, 2000

**CITY OF FARMINGTON  
SPECIAL COUNCIL MEETING WITH THE  
FARMINGTON/FARMINGTON HILLS  
COMMISSION ON CHILDREN, YOUTH & FAMILIES  
(Summary)**

A special meeting of the Farmington City Council with the Farmington/Farmington Hills Commission on Children, Youth and Families met on Monday, March 6, 2000 in Council Chambers, 23600 Liberty Street, Farmington, Michigan. Notice of the meeting was posted in compliance with Public Act 267-1976.

The meeting was called to order at 7:00 p.m.

COUNCIL MEMBERS PRESENT: Bush, Campbell, Hartstock, McShane, Mitchell.

COUNCIL MEMBERS ABSENT: None.

FARMINGTON CITY REPRESENTATIVES PRESENT: Clerk/Treasurer Cantrell, Director Gosa, City Manager Leuboff.

MEMBERS OF THE FARMINGTON/FARMINGTON HILLS COMMISSION ON CHILDREN, YOUTH AND FAMILIES PRESENT: Britton, Kinchen, Lips, McGlincy, Misco, Pappi, Sommers, Turoyan, Unger.

OTHERS PRESENT: Todd Lips, Youth and Family Services Program Director.

Council met with the Commission on Children, Youth and Families to hear an overview of Commission accomplishments and to discuss areas of mutual interest and concern. Discussion included Commission recognition of volunteers and businesses supporting families, distribution of educational kits (READY Kits) for parents of children ages 0-3 years provided by the State of Michigan, activities at the Teen Centers and other activities and programs the Commission sponsors or participates in.

Meeting adjourned at 7:48 p.m.

WILLIAM S. HARTSTOCK, Mayor  
PATSY K. CANTRELL, City Clerk/Treasurer

Published March 16, 2000

**STORAGE USA**

Notice is hereby given that on April 18, 2000, LeRoy Elfrank Auctioneers, Executive Administrator for Storage USA, will be offering for sale under the Judicial Lien process, by public auction, the following storage units:

UNIT	NAME	ITEMS FOR SALE
A-43	Southfield Oncology	Office Furniture Medical Equipment
A-44	Southfield Oncology	Office Furniture Office Furnitures
B-63	Southfield Oncology	Medical Equipment Office Furniture
B-62	Bovis Construction	Office Furniture

The terms of the sale will be cash only. Storage USA reserves the right to refuse any and all bids. The sale will be held at the following location, 38876 Grand River, Farmington Hills, MI 48335 and will begin at 1:00 PM and continue until all units are sold.

Published: March 16 & 23, 2000

**CITY OF FARMINGTON HILLS  
31555 ELEVEN MILE ROAD  
FARMINGTON HILLS, MI 48338-1165  
(248) 474-8115**

**ADVERTISEMENT**

The City of Farmington Hills Purchasing Division will solicit sealed bids during the next forty-five (45) days for the following products and/or services:

- 2000 & 2001 Catch Basin Cleaning
- Police Car Conversion
- Medical Equipment
- Sale of Vehicles

Specifications may be obtained by contacting the Central Services Department. All bids must be submitted in accordance with the bid specifications.

The City of Farmington Hills reserves the right to accept or reject any or all bids, either in part or in whole, to waive any formalities and to accept the bid which it believes to be in the best interest of the City.

KATHRYN A. DORNAN  
City Clerk

Published: March 16, 2000

**PUBLIC STORAGE  
NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY**

NOTICE IS HEREBY GIVE that pursuant to Section 4 of the Self-Storage Storage Facility Act, State of Michigan, the undersigned will sell at Public Auction Sale by competitive bidding, Sale are for cash only. Removal within 24 hours for sale are storage units for which rent and fees are past due.

On the premises where said property is to be stored and which are located at Public Storage, 34000 Nine Mile Road, Farmington, MI 48335, (248) 473-4020, on April 25, 2000 at 12:15 p.m. the personal property described below:

In the matter of:  
DOROTHY SANDERS, Space G080 - File cabinet, desk, table, chairs, box  
STEVEN ZUMBERG, Space F041 - Table saw, ladder, compressor, chairs  
EMMITT INSTRUMENT SERVICE INC., Space D004 - Snow blower, ladder, misc. equip., lawn mower  
DORNEIL WILES, Space H016 - Chairs, pacman game, washer, ext. center  
JODIEAN LEONARD, Space B007 - Misc. bags and boxes

On the premises where said property has been stored and which are located at Public Storage, 12900 Newburgh Rd., Livonia, MI 48150, (734) 591-6006, on April 25, 2000 at 11:30 a.m. the personal property described below:

IN THE MATTER OF:  
AMERICAN EXPRESS FINANCIAL ADVISORS, Space C068 - Misc. boxes  
AMERICAN EXPRESS FINANCIAL ADVISORS, Space D068 - Printer, comp. equip., misc. boxes

All sales subject to adjournment.

Published: March 16 and 23, 2000

**DISCOVER LUXURY CRUISING!**

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March 21 at 6:00 p.m.  
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GARDEN CITY - 29855 FORD RD.....	734-525-9555	ROCHESTER HILLS - 3054 JOHN R RD.....	810-299-0188
LIVONIA - 28192 SCHOOLCRAFT.....	734-421-6830	ROYAL OAK - 27958 WOODWARD AVE.....	248-548-0165
PLYMOUTH - 561 ANN ARBOR RD.....	734-453-7870		