

FLAX

Flax is one of the English-grown medicinal herbs, the products of which are included in the British Pharmacopoeia, its seed known as Linseed, being much employed in medicine.

Its cultivation reaches back to the remotest periods of history, Flax seeds as well as the woven cloth having been found in Egyptian tombs. It has been cultivated in all temperate and tropical regions for so many centuries that its geographical origin cannot be identified, for it readily escapes from cultivation and is found in a semi-wild condition in all the countries where it is grown.

Flax is a gelatinous seed, meaning that it secretes gel when sprouted, and therefore is best used in a mix. It is rich in vitamin F. The seed is used to make linseed oil (flax oil) which has been shown to stimulate the immune system. Flax sprouts have a slightly bitter nut taste if grown too long. Sprouting overnight, then blending in the morning, with additional water if necessary, makes a great cereal. Just add your favorite sweetener, such as maple syrup. Sprouted in 65 to 80 degrees Fahrenheit temperatures, flax can be harvested in 1 to 5 days.

Source: <http://www.kitchengarden.co.za>