

# KITCHEN GARDENING



REJUVENATE  
*with Homegrown Sprouts*



**Susan Smith Jones, PhD**

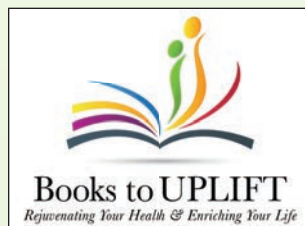
FOREWORD BY DAVID CRADDOCK

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The health suggestions and recommendations in this book are based on the training, research and personal experiences of the author. Because each person and each situation is unique, the author and publisher encourage the reader to check with his or her physician or other health professional before using any procedure outlined in this book. Neither the author nor the publisher is responsible for any adverse consequences resulting from any of the suggestions in this book.

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*The LORD is my rock,  
my fortress and my deliverer.*

~ 2 SAMUEL 22:2

This is for you, Christ Jesus, for your boundless love  
and ever-present guidance and inspiration in my life.

And also to my grandmother, Fritzie, and my mother, June,  
this book is wholeheartedly dedicated.

Thank you for giving me life, and for teaching me,  
by example, how to... love unconditionally, be happy,  
let go of the past, be bold and daring, dream big  
and not settle, choose vibrant health, practice  
forgiveness and always be holy.



*Finally, all of you should be of one mind. Sympathize  
with each other. Love each other as brothers and sisters.  
Be tenderhearted, and keep a humble attitude.*

~ 2 SAMUEL 3:8

*One of the most powerful lessons I have come  
to understand in my life is the importance of  
simplifying outer things so that my inner life can  
take the driver's seat—so that God can always be  
my cornerstone. Out of clutter, find simplicity.*

~ SUSAN SMITH JONES

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# FOREWORD

by **David Craddock**

BEING ASKED TO WRITE THE FOREWORD for Dr. Susan's stupendous book, *Kitchen Gardening: Rejuvenate with Homegrown Sprouts* is, indeed, a joy and privilege that I take very earnestly. In fact, before putting pen to paper to write my thoughts about this book, I went to a bookstore in London, England, near where I work much of the time and wanted to see what's available on the topic of sprouting. I only found two books and neither of them had a full-color interior like *Kitchen Gardening*—only a color cover—and neither of them were written by someone with Susan's impressive credentials and decades (not years!) of experience in growing sprouts, teaching people worldwide about the health benefits of sprouts on radio and television talk shows and how anyone can easily do this in one's kitchen.

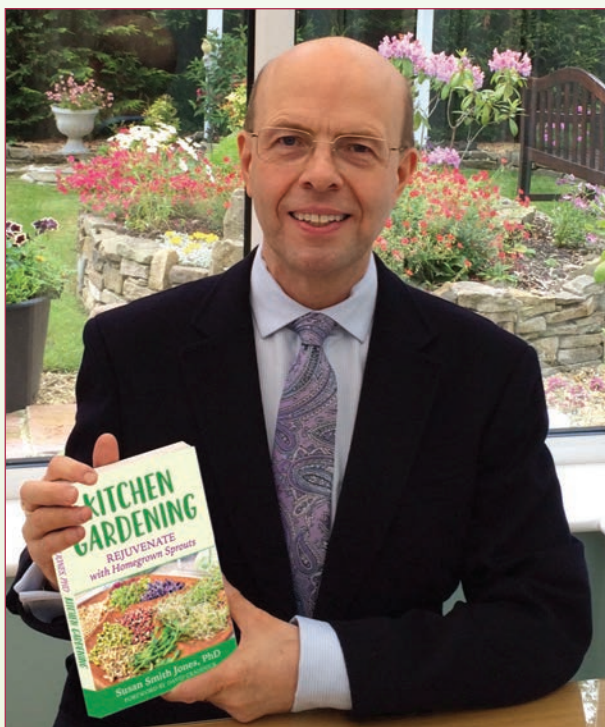
Before I share with you the particulars about how eating sprouts has improved my health, let me first tell you how this book topic and title came into being.

I've known Susan for almost a decade. In 2009, she was one of a handful of distinguished world-famous speakers at a 3-Day Holistic Health Conference held in London. They were all experts in their fields from across the globe, but the only one that truly caught my attention was the speaker Susan Smith Jones, PhD. She was giving three presentations on all aspects of healing and rejuvenating the body, mind and spirit, and I knew at that moment that I needed to attend. How fortunate for me that I acted on my intuition to be part of the conference because it significantly changed my life for the better.



After Susan's first presentation, I asked her if she would stay in the lecture hall after her talk was over and answer a few personal health questions I had. It was such a positive discussion for me that I put forward an important query to her. Knowing that she works with clients around the world, I asked her if she would help guide me on my journey to heal my body and create vibrant health. Not only did she say "YES" very enthusiastically, but she also invited my mom and me to come to Los Angeles for two weeks so she could work with us personally and show us how to be a "fountain of youth." I accepted her invitation and about six months later, at the end of December, 2009 and into early January, 2010, we stayed at a hotel on the bluff in Santa Monica across from the ocean and Susan worked with both of us day and night to teach us all about healing, high-level wellness, fitness, nutrition and so much more.

It's been an amazing journey for the last decade that Susan has been my personal counselor on all things related to holistic health. As a result of her expertise, motivation and unique coaching style, I have lost over 80 pounds and am fit, healthier and happier than ever in my life. Most of my friends and colleagues think I look



about 20 years younger than my age, and I definitely feel youthful and vibrant, thanks to Susan's superlative guidance.

If you would like to read the entire inspiring story of the benefits I

reaped as a consequence of her brilliant advice and instruction, please refer to the Forewords I wrote in her books *Choose to THRIVE* and *Be the Change*. You can find these at **SusanSmithJones.com**. I included in both of those two previous Forewords many personal things about Susan's healthy lifestyle and her holistic, positive perspective in living our best lives that may interest you, which most people don't know about and would be blessed to read. Those two books are enjoyed and appreciated by people around the world.

Okay, I can easily guess what you're thinking right now. "How did David get so lucky to be asked to write another Foreword for Susan's book *Kitchen Gardening*?" Well, it's another interesting story I'm eager to tell you. Over the years, Susan has been working with me to improve my wellness and fine-tune my healthy living lifestyle so I can continue to get healthier by the month and year. Everything she suggests to me and I incorporate into my life always works swimmingly.

All of my life, I've lived in England. The health consciousness, environment and weather here is night and day different than in Los Angeles. In LA, every few blocks you can find Pilates, yoga or exercise studios, not to mention countless gyms, as well as juice stores, grocery stores that offer organic produce, natural food stores and even restaurants devoted to vegan or raw foods. I was gobsmacked when she first showed me around. And it seems like each time I'm in LA, there's a new health-conscious café, new gym or Pilates establishment close by. And the sunshine! What can I say...when you have lived your entire life in a country where it often rains or is gloomy nine months out of the year, the sunshine year-round in the Santa Monica and Brentwood areas of West Los Angeles is glorious, indeed, and difficult to leave when I need to fly back to England.

With how often I travel to LA, although my travels are international as I give keynote addresses for corporations, attend business meetings with clients and give Bible talks and Christian Lifestyle presentations at churches, I thought it would be judicious to have a home-away-from-home in Brentwood to be closer to Susan. We could then work together more easily every time I'm in warm, sunlit LA. What a great choice!



So now with my LA home, it's easier for Susan and me to do lots of activities together. We often hike in the Santa Monica Mountains, jog along the coastline in Santa Monica, weight train in her home gym or at the local gym, enjoy lots of healthy meals out or at her home and we talk for hours about everything. Here's something that may interest you about Susan. One of her most favorite things to do (and it's been this way for her most of her life) is to spend time at the beach—she'll walk along the beach in Santa Monica and Malibu, body surf in the waves, sit on the shore and watch the waves break on the sand as she listens to the mellifluous sounds; basically, she's young at heart when

it comes to being at the beach and she can spend hours playing in and enjoying the water, too. Anywhere in the world, she always gravitates to beaches.

We share so many things in common. Being a Christian, too, Susan and I can talk endlessly about passages in the Bible, why we loved Joel Osteen's or Joyce Meyer's latest Sunday talk so much or what commitments I am going to make over the next month or season to take my health to an even higher level. As you can imagine, our visits are motivating, empowering, inspiring and always memorable.

So this brings me back to how I was invited to write this Foreword. Last year, Susan and I were having breakfast at one of our favorite restaurants after an arduous 2-hour early morning hike in the mountains followed by Pilates. Have you ever known anyone who orders a large garden salad for breakfast? I hadn't before I met Susan. Over the meal, she suggested that I add sprouts to my daily diet. Every month or two, she will suggest a new food for me to incorporate into my diet so I don't get overwhelmed by adding in too many new foods at once.

When Susan suggested sprouts, I couldn't have been happier, since most of the superfoods she has suggested to me in the past were new to me, but sprouts have been in my diet for decades, especially during the holidays. So I enthusiastically belted out, "Yes, indeed Susan, I love Brussels sprouts and have been eating them for years. How wonderful you've suggested a superfood for which I'm well acquainted." I knew she would be so proud that this time, she recommended a food I love and have been eating for years.





But the moment I mentioned Brussels sprouts, she practically choked on her mouthful of lettuce leaves and avocado and started laughing uncontrollably for about one minute, so much so that her eyes started tearing up. “What the heck did I say that was so funny?” I wondered to myself. I’m not sure what’s so funny about a Brussels sprout but seeing her laugh so much is always a joy. After a minute or so, she said to me, “I’m so happy you are adding Brussels into your diet, a cruciferous vegetable like broccoli, cabbage and cauliflower, so keep these miniature cabbages in your diet often. If you can’t get them fresh, you can get them frozen, too.”

Okay, I could tell she was pleased with my familiarity of this super-food vegetable, but then she said to me the following: “I am giving a workshop this afternoon on *The ABCs of Sprouts: How to Grow & Consume These Gems of Nature*. When you finish with your meeting later, here’s the address of the workshop in Pacific Palisades. Why don’t you join us and you can learn about all-things-sprouts. I will be teaching everyone how to grow sprouts in 2 to 7 days.”





I must admit that I was quite perplexed. “An entire 3-hour workshop on Brussels sprouts. Who would be interested in learning so much about this gas-producing vegetable for three hours?” I thought silently. “And while I’m no expert on vegetables like Susan is, I’m smart enough to know that you can’t grow Brussels sprouts in a few days; it would take a few weeks, for sure,” I reflected to myself. For a moment I thought Susan was a little unclear about what she was saying, but she definitely piqued my interest.

So that same afternoon, I arrived at the location where the workshop was taking place, only about 10 minutes late, to find all of the participants in the room laughing hysterically. That’s something about

Susan you may not know. She has a spectacular sense of humor, could probably be a successful comedian if she were to change professions and loves to tickle the funny bone of others.

As I was escorted into the massive kitchen that was open to an even larger family room, Susan introduced me to everyone and I was immediately astonished. There in front of me was a huge display of all different kinds of sprouts growing at different stages of their development and it was quite impressive indeed. There were green sprouts, red and blue sprouts, sunflower seed sprouts, microgreens, sprouting containers and other supplies such as seeds. Susan looked at me and winked because she knew that, at that moment, I realized why she was laughing so hard at the restaurant over breakfast, but she didn’t want to tell me that the workshop wasn’t about Brussels; it was about sprouts made from organic nuts, seeds, grains and legumes. Susan wanted me to be surprised and surprised I was!



Then the person sitting next to me leaned over and asked, “Are you the person Susan had breakfast with this morning?” in a voice loud enough that most people could hear. That caused others in the room to start laughing and I’m thinking, “What is this group smoking? What’s so funny about that question.” Rather briskly, Susan



interjected with... “Yes, this is David, the person with whom I had breakfast.” And saying that made them laugh again. I now realized what the laughter was all about; they all thought I was attending a workshop on growing Brussels sprouts. At this point, Susan reached down to a gift bag that was next to her and

pulled out a necklace that she made for me out of Brussels sprouts, and that made everyone laugh even harder. Yes, I put on the lei of Brussels with a few gardenias in-between them and enjoyed the humor and gardenia fragrance for the rest of the workshop.

Her instructions and teaching was fascinating to me. And I’m embarrassed to say that up until that workshop over a year ago, I had never eaten sprouts. The way she was showing how to grow them, why they are so beneficial to the body, which ones are the healthiest and how to mingle them into one’s daily diet absolutely captivated and enthralled me as it did everyone else in the room. The wonderful world of sprouting was an entirely new adventure for me, and one I eagerly wanted to embrace with alacrity when I returned to England.

I learned how simple it is to grow sprouts in the corner of the kitchen, how it only takes 2–3 minutes daily of one’s time to tend to them and how versatile they are in all kinds of meals. After she talked about UFO’s (“Unidentified Floating Objects,” which got everyone laughing for the umpteenth time that afternoon), she demonstrated all the different ways to enjoy sprouts by showing a variety of dishes and

snacks. Whether incorporated into a salad (or as a dedicated sprout salad by itself), blended into smoothies, juiced with greens, combined in a sauté (like mung beans), added to soups or casseroles and so much more, she showed all of these methods to bring sprouts into one's diet morning, noon or night. And everything Susan created in front of us, she let us sample. Is your mouth watering now? What a delicious and eye-opening afternoon, and I'm so glad I attended.

That evening, Susan invited me over for dinner at her home and told me to bring my Brussels sprout necklace with me and, as I expected, she created a superb plant-based meal for me which included Brussels sprout hash with onions, garlic, mushrooms and scrumptious herbs. It accompanied a sprout salad, fresh juice with juiced red clover sprouts added to it and an open-faced sandwich with a beetroot spread (really deep pink, purple color) on which she loaded with artichoke hearts, thinly sliced heirloom tomatoes, fresh basil and a combination of alfalfa and broccoli sprouts on top. Additionally, she made three different kinds of organic whole grain breads for me—an olive~rosemary bread, a sunflower seed~pepper~spice bread and an apple~cinnamon~raisin bread—all from her sprouted grains. There was no flour in any of these breads, just sprouted grains. And if that were not enough, these breads were all still officially “raw food” cuisine because instead of baking them in an oven at about 350 degrees for an hour or so, they were all cooked in Susan's impressive



food dehydrator at only 106 degrees for several hours, and they were absolutely delectable, and really good for me, too. Needless to say, I was a happy camper and loved every bite. By the way, I've been to many world-class restaurants in my international travels over the decades, and no one can create a more delicious, nutritious and eye-appealing meal than Susan. No wonder I now have a home-away-from-home so I can enjoy her creative and nutritious meals more often.

After our evening meal, she volunteered the following to me: "I'm so happy that you were able to attend because it was probably my last workshop on Sprouting. I've been doing this for over 25 years, and it's now time to retire my sprouting workshops (it takes days to prepare for them) to move on to other great adventures, and I already do other workshops, as you know, on a variety of holistic health topics. We were going to videotape the demonstrations and workshop today to put on my website but we discovered, at the last moment, that the videographer scheduled to tape us all was stuck in traffic on the 405, and wouldn't make it in time." I told her that was so unfortunate because it was such an enlightening and fun afternoon.

Very quickly, I had an idea for her. "Susan, why don't you create a book on this topic so people worldwide can have all of your wisdom and knowledge at their fingertips, and I would be delighted to

accompany you to book signings in England and LA where you would talk about the contents of the book." I've suggested to Susan in the past to write books on a particular topic, selfishly, because I wanted her information in the form of a book that I could refer to often. In fact, I was the one who suggested she write, *Be the Change*, because of a conversation we had during a 3-hour hike one







morning. She looked at me with a huge beaming smile and voraciously responded with, “I love that idea David. Why didn’t I think of it first? Yes, indeed, I will put the wheels in motion and start working on it right away. However, I have one request of you. Would you please write the Foreword for this book that I’ll title *Kitchen Gardening: Rejuvenate with Homegrown Sprouts* and tell the readers how this book came into being.” Knowing that she wanted me to participate with the Foreword thrilled me beyond words.

This invitation was over one year ago. Now I’ve read the manuscript and perused the beautiful cover and interior design, have incorporated sprouting into my personal healthy living and diet program and am very enthusiastic about the “wonderful world of sprouting,” as she often refers to it. Once I started adding fresh sprouts into my daily routine (or at least 3–4 times weekly), I noticed, just as Susan told me I would, a tremendous improvement in my digestion; I had more energy; my workouts felt stronger; I could work longer at the office without tiring and I even slept better. All of this occurred as a result of becoming a kitchen gardener. How cool is that? And now I am teaching friends and family how to become kitchen gardeners.



From the Preface and Introduction, to the Afterword and every other page in *Kitchen Gardening*, you will become competent on everything related to sprouting: how to grow sprouts; why sprouts are so salubrious; which sprouts are most nutrient-rich; ways to incorporate sprouts and microgreens into meals and snacks morning, noon and night; how raw foods revitalize the body from the inside out and so much more. You'll even learn about the Essene, a community where Jesus and His family were known to live and their secrets to living 120 years... and in robust health, to boot. It's astonishing to me that in only 2 to 7 days, we can grow nutrient-rich sprouts in a corner of our kitchen, and for only pennies per batch and a couple minutes of our time daily. No matter one's weather conditions outside, or location in the world, in any size kitchen, you can find space to grow a garden and become an expert at sprouting within a week or two. I am proud to call myself a kitchen gardener, thanks to Susan's wisdom and guidance in this book. This is the most reader-friendly, beautifully designed in full-color and comprehensive book on the ABCs of sprouting ever, and it will be indispensable in your healthy living program, too. It makes a wonderful gift for family and friends and for anyone who wishes to create a healthier, happier and more rewarding life.

~ **David Craddock, MA (Oxon), BA (Hons)**

~ **DavidCraddock.com**

~ **TimeForInvestment.com**

~ **BooksToUPLIFT.com**

~ **ChristianLifestyleMatters.com**



*I know that there is nothing better for people  
than to be happy and to do good while they live.*

~ ECCLESIASTES 3:12

*Do not conform to the pattern of this world,  
but be transformed by the renewing of your mind.  
Then you will be able to test and approve what  
God's will is—His good, pleasing and perfect will.*

~ ROMANS 12:2



# RESOURCES

Please refer to **SusanSmithJones.com** to learn more about these books or to purchase any of them. You will find the full list of Susan's titles on her website.

*Choose to THRIVE*

*Living on the Lighter Side*

*Healthy, Happy & Radiant . . . at Any Age*

*The Curative Kitchen & Lifestyle*

*Wired to Meditate* (Audio Book)

*Choose to Live Peacefully* (Audio Book)

*Vegetable Soup/The Fruit Bowl*

(co-authored with Dianne Warren for children ages 1–8)

*Body Temple Vitality*

*God-Centered Health*

*Affirming God's Love*

*Invest in Yourself with Exercise*

*Be the Change*

*God's mercy is fresh and new every morning.*

~ JOYCE MEYER

*With His love, you can wake up every day  
with an attitude of faith and expectancy.*

~ VICTORIA OSTEEN

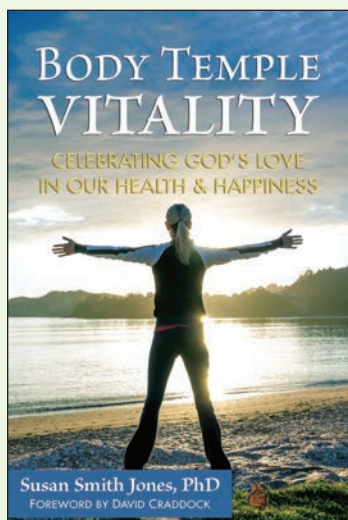


## BOOKS TO UPLIFT BY SUSAN SMITH JONES

If you visit, **SusanSmithJones.com**, and click on the pages for **Choose to THRIVE**, **Be the Change** and **Invest in Yourself with Exercise**, as well as this book, **Kitchen Gardening**, you will find out how to get “**Special Limited Edition**” copies of these books personally autographed to you by Susan, along with a keepsake notecard from Susan and a bookmark.

### *Be the Change: Living with Faith, Confidence & Vigor*

*Be the Change* shows you how to live a balanced life and how to tie the physical, mental, emotional and spiritual aspects of life together to create a holistic approach to successful living. It's within your God-given power to choose. If you want to create positive changes in your life, it is you who must first choose to be the shining example of that change.



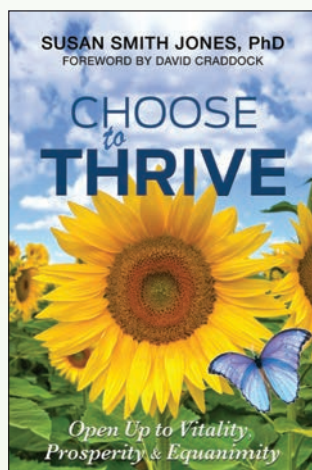
### *Body Temple Vitality: Celebrating God's Love in Our Health & Happiness*

An uplifting, healthy living guidebook, *Body Temple Vitality* addresses many health-enriching topics, including whole-body cleansing and detoxification, the benefits of fermented veggies, probiotics and raw-food cuisine, which superfoods and lifestyle practices reduce blood pressure and inflammation, simple ways to sleep like a baby, how kindness heals body, mind and spirit, how to attract abundance and so much more.



***Choose to THRIVE: Open Up to Vitality,  
Prosperity & Equanimity***

"Getting back to basics" is the foundation of Susan's most helpful and comprehensive book, *Choose to THRIVE*. Her easy-to-follow program is an indispensable and refreshing change from most health and self-improvement books that only focus on one particular aspect of health. Balance is the key and Susan keeps the reader focused on the long-term results that come from a healthy lifestyle.



***Invest in Yourself with Exercise: Tactics to Build the  
Exercise Habit and Enrich & Energize Your Workouts***

*Invest in Yourself with Exercise* is the perfect book if you want to make transformative changes in your level of fitness, reshape your body, say good-bye to excess fat, make your workouts enjoyable and rewarding and see results quickly. Susan's well-designed physical fitness program can add years of fulfillment, vibrant health and peace of mind to your life.

***The Curative Kitchen & Lifestyle: Using Superfoods,  
Spices, Natural Remedies and Stress-Less Living  
to Revitalize Your Body & Life***

A concise food and nutrition resource and step-by-step healthy eating and stress-reduction guide, *The Curative Kitchen & Lifestyle* shows us that vibrant health starts in the kitchen by choosing the most essential healing foods. Susan shows us how to make the appropriate food and other lifestyle choices to reduce our risks of premature aging, heart disease, cancer, arthritis, diabetes and compromised vision and mental functions. . . while losing body fat and lowering stress at the same time.



# ABOUT SUSAN SMITH JONES, PhD

For a woman with three of America's and the UK's most ordinary names, Dr. Susan Smith Jones has certainly made extraordinary contributions in the fields of holistic health, longevity, optimum nutrition, high-level fitness and balanced, peaceful living. For starters, she taught students, staff and faculty at UCLA how to be healthy and fit for 30 years!

Susan is the founder and president of Health Unlimited, a Los Angeles-based consulting firm dedicated to optimal wellness and holistic health education. As a renowned motivational speaker, Susan travels internationally as a frequent radio/TV talk show guest and motivational speaker (seminars, workshops, lectures and keynote address); she's also the author of more than 2,500 magazine articles and over 30 books, including—*The Curative Kitchen & Lifestyle*; *Invest in Yourself with Exercise*; *Be the Change* and *Choose to THRIVE*.

Susan is in a unique position to testify on the efficacy of her basic message that health is the result of choice. When her back was fractured in an automobile accident, her physician told her that she would never be able to carry “anything heavier than a small purse.” Susan chose not to accept this verdict; within six months, there was no longer any pain or evidence of the fracture. Soon, she fully regained her health and active lifestyle. Susan attributes her healing to her natural-foods diet,





a daily well-rounded fitness program, a strong God- and faith-centered life, along with the power of determination, balanced living and a deep commitment to expressing her highest potential. Since that time, she has been constantly active in spreading the message that anyone can choose

radiant health and rejuvenation. Her inspiring message and innovative techniques for achieving total health in body, mind and spirit have won her a grateful and enthusiastic following and have put her in constant demand internationally as a health and fitness consultant, educator and speaker. A gifted teacher, Susan brings together modern research and ageless wisdom in all of her work. When she's not traveling the world, she resides in both West Los Angeles and England.

If you enjoyed this book, please visit: **SusanSmithJones.com**, **ChristianLifestyleMatters.com** and **BooksToUplift.com** for more details on Susan and her work. Her books and websites are like having a "holistic health app" for anything related to holistic health and living a faith- and God-centered life.

*If you'd like to receive Susan's free monthly Healthy Living Newsletters filled with uplifting, empowering and high-powered information, go to SusanSmithJones.com and sign-up on the page Subscribe & Win! It takes only 15 seconds and you will also receive several gifts from Susan.*

**SusanSmithJones.com**  
**BooksToUPLIFT.com**  
**ChristianLifestyleMatters.com**



# WELCOME TO THE WONDERFUL WORLD OF SPROUTS

These remarkable gifts of nature are pure, fresh, nutrient-rich and alive with their vital force intact. If you're interested in experiencing healing, optimal health and vitality, then make sprouts—the food for the future—part of your salubrious kitchen and lifestyle. Sprouts have been the cornerstone of Susan's wellness program since she was a teenager and, ever since, she's been known as "The Sprout Lady."

Think about it this way: What food can you easily produce and enjoy whether you are 3 years old or 103, vegan or carnivore or are living in an inner-city high-rise or on an isolated island? What food is grown indoors with no soil, is harvested in two to seven days and is loved by children and adults alike? What can supply your family with fresh vegetables year-round, regardless of the season? What food is edible raw or cooked, and is delicious either eaten all by itself or included in an exciting array of recipes? *The answer is SPROUTS.*

## Excerpt from David Craddock's Foreword

In the pages of the *Kitchen Gardening*, you will learn how to become competent on everything related to sprouting: how to grow sprouts, why sprouts are so salubrious, which sprouts are most nutrient-fortified, ways to incorporate sprouts and microgreens into meals and snacks, how raw foods revitalize the body and so much more. You'll even learn about the Essene, a community where Jesus and His family were known to live and their secrets to living 120 years...and in robust health, to boot. It's astonishing to me that in only 2 to 7 days, we can grow nutrient-rich sprouts in a corner of our kitchen, and for only pennies per batch and a couple minutes of our time daily. No matter one's weather conditions outside or location in the world, in any size kitchen, you can grow a garden and become an expert at sprouting within a week or two. I am proud to call myself a kitchen gardener, thanks to Susan's wisdom and guidance in this book. This is the most reader-friendly, beautifully designed, full-color and comprehensive book on the ABCs of sprouting ever, and it will be indispensable in your healthy living program, too. It makes a wonderful gift for family and friends and for anyone who wishes to create a healthier, happier and more rewarding life.

