

## Re: Alive food

**Source:** <http://sci.tech-archive.net/Archive/sci.med.nutrition/2005-02/0888.html>

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**Date:** 02/18/05

Date: 18 Feb 2005 17:17:51 GMT

An update: grains from local Chinese and Indian ethnic groceries do sprout – including some really neat looking rices like bright red stuff from the Himalayas and long deep purple glutinous rice from China. But, barley is still a 'dead end' :-(