

SPROUTS

Planting:

Grow sprouts indoors using a seed sprouter. Soak seeds in water for 8-10 hours. It is normal for the seeds to swell. Empty the seeds into your sprouting tray, rinse and drain thoroughly. Set your sprouter anywhere out of direct sunlight. Rinse and drain two to three times a day with cool water. Seeds will be ready to eat in 3-6 days depending on variety.

Care:

It is recommended that sprouts be grown indoors using a seed sprouting tray, jar or other sprouting device. Sprouts grow best between 65° F and 75° F. No sunlight is required; however, sunlight results in greener sprouts.

Harvest:

When sprouts are ready for eating, rinse off excess hulls and drain thoroughly. Transfer sprouts to a plastic bag or reusable sealed container and refrigerate.