

The Sprouting Sampler

GROWING GUIDE



Broccoli



Clover



Radish



Mustard



Alfalfa

SPROUTING IN A MASON JAR – *GENERAL GUIDELINES*

1. Clean seeds and supplies per “Sprouting Safely” guidelines at the front of this guide and don’t forget to wash your hands!
2. Add the desired amount of seed to the jar, DO NOT over-seed, too many sprouts reduces your ability to properly rinse the sprouts and creates a tangled mess. Use the Seed Guide to determine the appropriate amount of seed to use.
3. Cover the seed with room temperature clean water. Use plenty of water, at least 4 times the amount of seed depth, and gently swirl seeds. Skim off any “floaters” and drain water.
4. Refill jar, again with 4x the room temperature clean water and soak for the time recommended in the Seed Guide.
5. After the initial soak rinse your seeds and completely drain.
6. Select a location to store your sprouts which is not too hot or too cold (65° to 80° F). Direct sunlight is not a good idea as it can create a lot of heat and quickly dry out sprouts but do try different amounts of light to find the amount of light that creates sprouts that you like best. We typically keep sprouts in lower light levels and then expose them to a few hours of sunlight just before the final rinse.
7. Begin your daily rinse cycles - 2 to 3 times a day. At each rinse either skim off or float out any shed seed hulls. As the sprouts begin to grow use a clean fork to separate sprouts if they begin to grow together before rinsing. This will not only give you better looking sprouts but it will help you get a better rinse which promotes safer sprouting.
8. For your final rinse wash your hands and then place your sprouts in a large clean bowl and gently move the sprouts around to remove seed hulls, non-sprouted seed and any other non-sprout material. You can either skim them off the top or float them over the edge of the bowl.

Check back with the AATROC’s Essential Seed website for additional and expanded sprouting methods, products and information. Remember to review your SPROUTING SAFELY GUIDE.