

Mountain Valley Seed Co. Sprout Seed Guide

Difficulty	Seed	Current	Days to Sprout	Qty per quart size jar	Yield Ratio	Uses	Soak Time	Method (jar, bag, tray)	Your Notes
Easy	Rocky Mountain Kick Mix	This mix contains clover, which is very similar to alfalfa but sheds it hull better, and enough radish and mustard to give the blend a nice "bite back" quality.	3 to 6	2 T	1 yields 9	Great on everything especially sandwiches	6 hr.	all	
Easy	Health Mix	Packed with cancer fighting antioxidants, sulfurphane, all your essential amino acids and lots of protein this tasty blend delivers big health benefits and, unlike that spoonful of castor oil, this blend of broccoli, radish, alfalfa and clover tastes great.	3 to 6	2 T	1 yields 8	anywhere you want good flavor and good health	6 hr.	all	
Easy	Sandwich Blend	This blend turns plain sprouts into a tasty sandwich blend by combining just the right amount of clover and radish to give your sandwich a little zip.	3 to 6	2 T	1 yields 9	Sandwiches of course	6 hr.	all	