

AATROC'S ESSENTIAL SEEDS

The Sprout Bag Method

Sprout bags are constructed from natural fibers, such as hemp or flax. Construction with these fibers allows for a durable and portable sprout utopia! The fabric allows for even aeration and moisture distribution throughout the entire bag. This method for growing sprouts is a generally more revolutionary advent in the hierarchy of sprouting equipment. Arguably becoming the easiest of methods for growing numerous and healthy sprouts, the hemp sprout bag also makes for incredible portability and storage. These wonders of micro-greenery can be found and purchased at your local seed shops.

Before selecting a seed to sprout, check the Seed Guide at the back of this guide to ensure the seed is a suitable candidate for bag sprouting.

1. Clean seeds and supplies per “Sprouting Safely Guidelines” and don’t forget to wash your hands!
2. You have two options when soaking your seeds:
 - a. Put seeds directly in bag, run clean room temperature (about 70° F) water through the bag and then place bag in a clean bowl full of water to soak, or
 - b. Put the seeds in a jar or other vessel, skim off any floaters, rinse, refill with 4 times the water-to-seed and soak. When soak time is over move seeds to the sprout bag.
3. After the initial soak, rinse your seeds by running clean, room temperature water through the seeds in the bag until the water runs clear.
4. Select a location to store your sprouts which is neither too hot or too cold (65° to 80° F).
5. Begin your daily rinse cycles. 3 to 4 times a day is best for bags as they can dry out a bit faster than jars or trays, especially in arid environments. Bag should be hung in a location where it can drip. We use our hemp bags when we back pack. Every time we fill up with water we run filtered water through the bag which we keep clipped to the back of our packs.
6. When your sprouts have reached the point you are ready to eat or store them, harvest them per the “Sprout Harvesting” section of this guide. Or, if you are camping or hiking, eat them directly out of the bag.

The whole family can witness as a mere handful of seeds mature to overflow out the top of the bag like magic.