



GROWING SPROUTS

STEP BY STEP GUIDE ON HOW TO GROW SPROUTS.

WHAT YOU WILL NEED

1 liter jar, ·Piece of cheesecloth, ·Elastic band, 1 tbsp sprouting seeds

DAY 1

Place seeds in the 1 Liter or 500 ml jar and cover the seeds with water.

Let them sit on the counter (look at the timing reference chart in this information package, page 2).



DAY 2

In the morning, add a piece of cheesecloth to the top of the jar and secure with an elastic band and drain the soaking water.

1. Add clean water to jar and swirl it around to rinse the sprouts.
2. Drain off the water and
3. Place the jars propped against the wall upside down on a towel in a place without direct sun light. The kitchen counter is perfect.

Rinse the sprouts 1-2 more times throughout the day.

Ideally, in the morning and end of day. You can also rinse mid day.

1.



2.



3.



DAYS 3 & 4

Rinse the sprouts 2-3 times each day.

You may now see little sprout tails forming!

Sprouts can have different sprouting times. Vegetable sprouts start sprouting the fastest.



DAY 5

Rinse and repeat.

- If you are growing bean sprouts and they have a 1-inch-long tail, it's time to move them into the fridge.
- Add a cloth or paper towel to the bottom of the container to soak up extra moisture. Sprouts don't like extra water.
- This is also the time where you can cook bean sprouts (lentils, chickpeas, mung beans) if you choose to.

DAY 6

When your sprouts have grown to about 1 inch in length (4-6 days), move them into some direct sunlight.

Continue to rinse the sprouts and drain them as before.

The sunlight will activate the chlorophyll and make them a bright green!

Rotate your jar throughout the day so that all sides see some sunlight. After 1-2 days in the sun, they should be green and ready to transfer to the fridge.

***There is no need to put bean sprouts in the light because they do not grow little leaves like the other sprouts do. So, there is nothing for the sun to activate and turn green.

SPROUTING OPTIONS AND TIMING

Resource: nutritionrefined.com

GRAINS	SOAK	RINSE/DRAIN	HARVEST
Amaranth	20-30 minutes	2-3 times/day	2-4 days
Barley	6-12 hours	2 times/day	2-3 days
Black Rice	9 hours	2 times/day	3-5 days
Brown Rice	4-24 hours	2 times/day	2-4 days
Buckwheat/Groats	30 minutes	2-3 times/day	1-3 days
Corn	8-12 hours	2 times/day	3-4 days
Kamut	6-12 hours	2 times/day	2-3 days
Millet	6-10 hours	2 times/day	1-3 days
Oat Groats	0.5-1 hour	2 times/day	1-3 days
Quinoa	20-30 minutes	2-3 times/day	1-3 days
Rye	6-12 hours	2 times/day	2-3 days
Wheat Berries	6-12 hours	2 times/day	2-3 days
Wild Rice	4-24 hours	2 times/day	2-4 days

LEGUMES/BEANS	SOAK	RINSE/DRAIN	HARVEST
Adzuki Beans	8-12 hours	2-3 times/day	5-6 days
Alfalfa	8-12 hours	2-3 times/day	2-4 days
Black (Beluga) Lentils	7 hours	2-3 times/day	2-3 days
Black Turtle Beans	8-12 hours	2-3 times/day	2-4 days
Black Eyed Peas	8-12 hours	2-3 times/day	2-4 days
Brown Lentils	7 hours	2-3 times/day	2-3 days
Cannellini Beans	8-12 hours	2-3 times/day	2-4 days
Chickpeas	8-12 hours	2-3 times/day	2-4 days
Great Northern Beans	8-12 hours	2-3 times/day	2-4 days
Green Lentils	7 hours	2-3 times/day	2-3 days
Green Peas	8-12 hours	2-3 times/day	2-3 days
Kidney Beans	8-12 hours	2-3 times/day	2-5 days
Mung Beans	8-12 hours	2-3 times/day	2-5 days
Navy Beans	8-12 hours	2-3 times/day	2-4 days
Peanuts	4-12 hours	2 times/day	2-4 days
Red Clover	8-12 hours	2-3 times/day	5-6 days
Red Lentils	8-12 hours	2-3 times/day	2-3 days
Soy Beans	2-12 hours	2-3 times/day	2-6 days
Yellow Peas	8-12 hours	2-3 times/day	2-3 days

VEGETABLES	SOAK	RINSE/DRAIN	HARVEST
Broccoli	8-12 hours	2-3 times/day	3-6 days
Cabbage	6-12 hours	2-3 times/day	3-6 days
Fenugreek	6-12 hours	2-3 times/day	4-6 days
Garlic	8-12 hours	2-3 times/day	10-14 days
Kale	6-12 hours	2-3 times/day	3-6 days
Kohlrabi	6-12 hours	2-3 times/day	5-7 days
Mustard	6-12 hours	2-3 times/day	3-6 days
Onion	8-12 hours	2-3 times/day	10-15 days
Pea Shoots	8-12 hours	2 times/day	10-14 days
Radish	6-12 hours	2-3 times/day	3-6 days
Any lettuce greens	6-12 hours	2-3 times/day	3-6 days



TIPS ON GROWING SPROUTS



STOP THE MOLD BEFORE IT STARTS

Although seeds need water to germinate, you want to avoid too much water as this will lead to the growth of mold.

Since sprouts are grown in low-light and warm areas (indoors), this makes mold likely to grow. To avoid mold, rinse the sprouts two to three times a day.

After you rinse them, be sure to drain the water out. You want to avoid seedlings sitting in water, as this will also encourage a moldy environment.

Provide adequate drainage by placing the glass jar upside down and leaning it diagonally so that water can drain out and air can still flow through the container.

AVOID SPROUTS DRYING OUT

You want to avoid overwatering yet provide a moist environment at the same time, so that sprouts can grow.

If the sprouts are too dry, they will stop growing and potentially die. If you rinse sprouts 2-3 times a day and keep the jar out of direct sunlight, the sprouts will thrive!

LOW LIGHTING

To start grow the sprouts away from direct sunlight. Wait until the sprout tails (vegetable sprouts only) grow to 1 inch in length.

Once the length has been achieved, move the jar to direct sunlight for 1-2 days (continuing to rinse 2-3 times per day) or until the sprouts have turned a lovely green color and the chlorophyll is activated.

HOW TO STORE SPROUTS

Sprouts should be dry to the touch before storing in the fridge. Rinse the sprouts with water and allow the sprouts to sit for a couple of hours in a sieve or colander to drain excess water. This will also be an effective way to strain the seed hulls that are left over from sprouting.

Place the sprouts in a container with a paper towel or cloth on the bottom and place a lid on top. Change the cloth or paper towel as needed.

You can use a salad spinner to dry the sprouts before refrigeration. Sprouts will last up to 5 days in the fridge

WHERE TO USE SPROUTS

Vegetable sprouts can be added to sandwiches, wraps, thrown in with lettuce greens, sprinkled on tacos, pizza, soups, stews, and anything else you can imagine. Anywhere you can add a little extra fresh nutrient value. s

Sprouted beans/legumes can be blended in soups, can be eaten raw in a salad, roasted with spices (makes a good snack), blended to make a bean dip, ground up to make flour or cooked before eating.