

Directions for Growing Sprouts

1. Inspect your seed, and remove any broken, discolored, or damaged seeds.
2. Measure the amount and put them in the jar.
3. Wash the seeds very thoroughly.
4. Add water to cover (include a sanitizing agent-5 tablespoons of 3.5% food grade hydrogen peroxide per quart of water) in your soaking water as an extra precaution if you like and let them soak for two to three minutes.
5. Put on a lid fitted with a screen or other cover and drain.
6. Rinse, cover with fresh water (without sanitizing agent), and let soak for another two to three minutes then drain again.
7. Top seeds off with water. A ratio of 3:1 water to seeds is a good rule.
8. Soak seeds for five to eight hours depending on the seeds at room temperature (see chart). Drain.
9. Store the jar in a cool, dark place or in natural light at a 70-degree angle to ensure that residual water drains out. Make sure there is a container below the jar to catch the excess water. You could set your jar into a dedicated sprouting jar stand, a bowl, or the groove of a wooden carving board or anything to get your jar to 70-degrees.
10. Rinse and strain the seeds two or three times a day. Be gentle.
11. When the sprout's tail gets about one inch long, and you start to see leaves forming and splitting, your sprouts are ready. If you have kept your sprouts in a dark room, place the jar in a bright part of a room with natural light for a few hours, but not in direct sunlight. This will cause your sprouts to develop their bright green color.
12. You can place the sprouts in a large bowl and cover them with water to separate the sprouts from stray seed and shells. Then put them in a salad spinner. This step is optional.