

### Salad Sprouts

Alfalfa	jar,bag, tray	1/4 cup	8 hours	3-5 days	4 cups
Broccoli	jar,bag, tray	1/4 cup	8 hours	3-5 days	4 cups
Cabbage	jar,bag, tray	1/4 cup	8 hours	3-5 days	4 cups
Clover	jar,bag, tray	1/4 cup	8 hours	3-5 days	4 cups
Onion	jar,bag, tray	1/4 cup	8 hours	3-5 days	4 cups
Radish	jar,bag, tray	1/4 cup	8 hours	3-5 days	4 cups

### Beans

Adzuki Bean	jar,bag	1/2 cup	8 hours	2-3 days	1 cup
Chickpea	jar,bag	1/2 cup	8 hours	2-3 days	1 cup
Green Pea	jar,bag	1/2 cup	8 hours	2-3 days	1 cup
Lentil	jar,bag	1/2 cup	8 hours	2-3 days	1 cup
Mung Bean (young)	jar,bag	1/2 cup	8 hours	2-3 days	1 cup
Mung Bean (mature)	jar,bag	1/2 cup	8 hours	7-10 days	4 cups
Soybean	jar,bag	1/2 cup	8 hours	2-3 days	1 cup

### Nuts

Almonds	jar,bag	1/2 cup	8 hours	1-2 days	3/4 cup
Sesame (unhulled)	jar,bag	1/2 cup	4 hours	1-2 days	3/4 cup
Sesame (hulled)	jar,bag	1/2 cup	4 hours	1-2 days	3/4 cup
Sunflower seeds (hulled)	jar,bag	1/2 cup	4 hours	1-2 days	3/4 cup
Hemp (hulled)	jar,bag	1/2 cup	4 hours	1-2 days	3/4 cup
Pumpkin (hulled)	jar,bag	1/2 cup	4 hours	1-2 days	3/4 cup

### Grains

Oats	jar	1/2 cup	12 hours	2-3 days	1 1/2 cups
Quinoa	jar,bag	1/2 cup	4 hours	1-2 days	1 cup