

## Directions for Growing Sprouts

1. Inspect your seeds, and remove any broken, discolored, or damaged seeds.
2. Measure the amount and put them in the jar.
3. Put on a lid fitted with a screen or other cover.
4. Wash the seeds very thoroughly and drain.
5. Add water to cover (include a sanitizing agent of 3.5% food grade hydrogen peroxide) (1/2 teaspoon in a quart canning jar) and let them soak for three minutes.
6. Rinse, cover with fresh water (without sanitizing agent), and soak for another 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 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 times a day. Be gentle.
11. When the sprout tails get about one inch long, your sprouts are ready.
12. Put sprouts in a large bowl with water to remove the seed hulls (they will float to the top) drain.
13. Place sprouts in salad spinner to remove excess water.
14. Put sprouts in a dry jar with the same lid. Leave lid slightly loose so sprouts can breathe.
15. Sprouts should last several days - (if the sprouts took five days to reach maturity, then they should last five days in the refrigerator).
16. Enjoy!