



Simple Sprouts

Sprouting grains and seeds at home not only provides a supply of amazingly healthy sprouts to add to recipes and meals, but is an easy and inexpensive way to introduce children to growing.

Moving beyond the traditional bean sprout, Thompson and Morgan seeds has introduced several unique and tasty seeds to sprout at home that include Beets, Snow Pea, Adzuki Beans and more.

Step One: Soaking

For a quart-sized jar, put 1.5 to 2 tablespoons of small seeds (up to 1 cup if using larger seeds like green peas or garbanzo) in the sprouting jar. Cover top of jar with cloth or sprouting lid and rinse the seeds in warm (not hot) water. Drain and refill so that water is about an inch above the seeds. Let the seeds soak 8-12 hours (overnight).

Step Two: Rinsing

Rinse 2 to 3 times per day for 2 to 3 days. After thoroughly draining the rinse water, lay the jar on its side to spread out the seeds. Do not expose to light. After 2 to 3 days the sprouts should be filling up the jar.

Step Three: Removing Hulls

After 2 to 3 days the sprouts will have thrown off their hulls. To remove the hulls, place the sprouts in a bowl and run cool water over them. Most of the hulls will either float to the top or sink to the bottom making them easy to remove. (Note: not all seeds have hulls.)

Step Four: Harvesting

Rinse sprouts in cool water and remove any remaining hulls. Drain in a colander, but do not allow the sprouts to dry out. Place in an air-tight bag leaving room for air circulation. □

Once the hulls are removed, place the sprouts back into the sprouting jar or into a clear plastic airtight bag. Put the sprouts in indirect sunlight. It takes about a day for the chlorophyll and carotenes to develop. Once the sprouts are ready then rinse, drain, and eat, or refrigerate.



So Easy!! For the best results, sprout your seeds in this easy-to-use, multi-tiered sprouter system. Two tiers enable growing a variety of sprouts with a simple rinsing system, taking only seconds each day. **\$12.99**



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