

# Sprouting Seeds

## A Garden Guide

Seeds are nutritional powerhouses, but they can be difficult for our bodies to digest. Sprouting seeds is the next best thing, where you can easily unlock the power of plants! Each plant possesses a blend of different nutrients and phytochemicals that can improve and aid human health, in addition to being tasty.



There are different methods and approaches, but the canning jar method is very easy. You can leave your jars in a bright, well-lit location to have stronger tasting and greener sprouts. Alternatively, you can grow them in a dark cabinet for milder flavor.

### Ingredients:

- Seeds (look for USDA certified organic ones labeled for sprouting).
- A wide-mouth canning jar, such as Ball.
- Reusable Filtration lid (we carry these in our Garden Shop) or cheesecloth + rubberband.



### Instructions:

- Depending on the size of the seeds, measure out 1 Tbsp to ¼ Cup into your jars.
- Pour clean cold water into the jars and soak the seeds inside for 12-24 hours.
- Attach the filtration lids or use cheesecloth + rubberband, and pour off the water.
- Grow the sprouts to the size that you want, usually between 3-6 days.
- Pour out and refill jars with clean cold water 2x - 3x per day.
- Taste the sprouts as they grow. Note what day has the best flavor for when you repeat in the future.
- When you are happy with the flavor, rinse off any extra hulls, pour off all water and drain everything as best as possible.
- Store in the fridge in a plastic bag.
- Small sprouted seeds can keep for up to 1 week, larger sprouted seeds 3-4 days.
- Add your sprouts to salads, sandwiches, soups, stir fries, casseroles and more! You can even just enjoy them as a healthy snack.
- Do not eat any sprouts that look or smell "off". Clean and sanitize all sprouting supplies before using again.

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