



# SPROUTING GUIDE



## Tips:

- Rinse your seeds well before soaking. Remove any debris.
- Soaking times and days to harvest may vary according to humidity and temperature.
- For best results, avoid very hot and cold weather.
- The ideal temperature range for sprouting is 20 – 25 °C.
- Once your sprouts have harvested, store them in the fridge.
- Drain well and ensure that the sprouts are dry. Store in a breathable container.

## Troubleshooting:

### Overcrowding:

- Too many seeds in your sprouter may cause mould and germination problems.
- Reduce the amount of seeds that you sprout in your jar or tray.
- Discard seeds that have an 'off' smell.

### Oversoaking:

- Use the above guidelines for soaking times.
- Oversoaking will kill the seed as they will drown in the water.

### Rinsing:

- Your seeds will dry out and fail to germinate if they are not adequately rinsed.
- Rinse in cold water for a few minutes 2 – 3 times daily.
- Avoid warm or hot water.

### Poor air circulation:

- Ensure that your tray or jar has adequate air circulation.
- When using a sprouting jar, leave it upside down on a 45-degree angle.
- This allows air flow underneath the sprouting jar.



SEED	SOAK	RINSES PER DAY	QUANTITY	YIELD	HARVEST	METHOD
<b>Adzuki</b>	6 - 12 hours in warm water	2 - 3	½ cup	1 - 1.5 cups	4 - 5 days	Jar
<b>Alfalfa</b>	3 - 6 hours	2 - 3	1.5 tbsp	1.5 cups	3 - 5 days	Jar or tray
<b>Amaranth</b>	20 mins	2	2/3 cup	1 cup	2 - 3 days	Tray
<b>Broccoli</b>	4 - 8 hours	2 - 3	1.5 tbsp	1 - 1.5 cups	3 - 6 days	Jar or tray
<b>Buckwheat</b>	20 - 30 mins	2	1 cup	1.5 - 2 cups	5 - 7 days	Tray
<b>Cress</b>	Do not soak	2	2 tsp		5 - 14 days	Tray or saucer with paper towels
<b>Fenugreek</b>	8 - 10 hours	2 - 3	1.5 tbsp	1.5 cups	2 - 5 days	Jar or tray
<b>Kale</b>	4 - 6 hours	2 - 3	1.5 tbsp	2 cups	5 days	Jar or tray
<b>Mung beans</b>	6 - 12 hours	2 - 3	1.5 tbsp	1 - 1.5 cups	4 - 5 days	Jar
<b>Mustard</b>	9 hours	2 - 3	1.5 tbsp	1 - 1.5 cups	3 - 6 days	Tray
<b>Pea</b>	8 - 12 hours	2 - 3	½ cup	1.5 cups	2 - 3 days	Jar or tray
<b>Quinoa</b>	20 mins	2	2/3 cup	1.5 cups	1 - 2 days	Tray
<b>Radish</b>	6 - 12 hours	2 - 3	1.5 tbsp	1 - 1.5 cups	3 - 6 days	Jar or tray
<b>Red cabbage</b>	6 - 12 hours	2 - 3	1.5 tbsp	1 - 1.5 cups	3 - 6 days	Jar or tray
<b>Red clover</b>	4 - 6 hours	2 - 3	1.5 tbsp	1 - 1.5 cups	3 - 5 days	Jar
<b>Soy</b>	12 - 18 hours	2 - 3	1 cup	3 - 4 cups	4 - 6 days	Jar
<b>Wheat</b>	6 - 8 hours	2 - 3	1 cup	2 cups	2 - 4 days	Jar