



# SPROUTING STEPS

Growing sprouts is an easy and entertaining way to enjoy living plants that you can eat any time of year without the time and space-commitment of a garden. To start sprouting, you'll need a jar, cheesecloth and rubber band (or a sprouting lid), bowl or other container to lean the jar in for draining, and seeds of choice. If you'd rather press the easy button on setup, purchase a seed sprouting kit.

*These steps apply for any type of seeds, but the days to reach sprout maturity may vary.*

## STEP 1

Add cool or room temperature filtered water and 2 Tbsp seeds to a larger wide-mouth jar and allow it to sit for 6-12 hours.

*For legumes like lentils, add 1/2 cup initially to better fill the jar.*



## STEP 2

After 6-12 hours, rinse with cool or room temperature water, cover with a screen lid or cheese cloth, and place jar tilted upside down, draining into a tray or other container in the dark. You can use a jar sleeve, cover with a cardboard box, or put your setup in a cabinet or closet.



## STEP 3

On days 2-3, repeat step 2, rinsing 2-3 times per day.

*Mung beans require an extra rinse each day.*



## STEP 4

On days 5-7, continue to rinse and drain 2-3 times per day.

Around day 5, move the jar near a window with indirect light to green things up by stimulating chlorophyll production. The light is not critical, but the darker green sprouts look vibrant and contain a few more phytonutrients.



## STEP 5

On day 8, rinse the sprouts a final time. Lay them on a clean dish towel to soak up extra water before using them.

*Lentils will likely be ready for harvesting by day 6.*

Store them in the refrigerator, and ideally use within 4 days.



EASY | BUDGET-FRIENDLY | FUN