

From seeds to salads in less than a week!

GUIDE TO GARDEN FRESH SPROUTS YEAR 'ROUND

SEED VARIETY	SOAKING TIME	RINSE AND DRAIN	AVQ. TIME TO HARVEST	SPECIAL INSTRUCTIONS	SUGGESTED USES
Adzuki Beans	8-12 Hours	2-3 Times/Day	2-4 Days	1/3-1/2 cup/Quart jar	Salads, casseroles, soups
Alfalfa	8-12 Hours	2-3 Times/Day	5-6 Days	2 Tablespoons seed/Quart jar. Expose to light at day 3 or 4 to develop chlorophyll	Salads, sandwiches, juices
Barley	6-12 Hours	2 Times/Day	2-3 Days	2/3 cup/Quart jar or for bread or sprouted flour, 3 cups/2-quart jar. For bread or flour use when tails first appear. May be dehydrated then milled. Store in freezer	Bread, snacks, flour, pancakes, granola, etc.
Broccoli	8-12 Hours	2-3 Times/Day	3-6 Days	3 Tablespoons/ Quart jar. Expose to light at day 3 to develop chlorophyll	Salads, sandwiches
Buckwheat	30 minutes	2-3 Times/Day	1-1 ½ Days	Rinse 2/3 cup groats for 1 minute. Keep in low light. Rinse extra at each rinse. Harvest with small or no roots	Breakfast favorite.
Cabbage	6-8 Hours	2-3 Times/Day	3-5 Days	2 Tablespoons/Quart jar. Expose to light at day 3 to develop chlorophyll	Salads, juices
Clover	8-12 Hours	2-3 Times/Day	5-6 Days	2 Tablespoons/Quart jar. Expose to light on the 4 th day to develop chlorophyll	Sandwiches, salads, juices
Corn	8-12 Hours	2 Times/Day	3-4 Days	1/3-1/2 cup/Quart jar	Tortillas, vegetable casseroles, soups
Dill	None	1 Time/Day	14-16 Days	1/4 Cup/Quart. Expose to light starting on the 12 th day to develop chlorophyll	Salads, sandwiches, juices
Fenugreek	6-12 Hours	2-3 Times/Day	4-6 Days	3 Tablespoons/ Quart jar. Will get bitter if allowed to green	Salads, snacks
Garbanzo Beans	8-12 Hours	2-3 Times/Day	2-3 Days	1/3-1/2 cup/Quart jar	Vegetable casseroles, salads, soups, hummus (can be made uncooked)
Kale	4-12 Hours	2-3 Times/Day	5-6 Days	3 Tablespoons/Quart jar. On day 3 expose to light to develop chlorophyll	Salads, sandwiches
Lentils	8-12 Hours	2-3 Times/Day	1-3 Days	1/3-1/2 cup/Quart jar	Salads, juices, vegetable casseroles, soups
Millet	6-10 Hours	2-3 Times/Day	2-3 Days	2/3 cup/Quart jar. Harvest with short tails, refrigerate your crop	salads, juices, vegetable casseroles, soups
Mung Bean	8-12 Hours	3-4 Times/Day	2-6 Days	1/4-1/3 cup/Quart jar. Grow in dark, allow to soak for a minute when rinsing. To develop longer roots, stress by putting weight on your sprouts starting at day 3 and lessening the weight each day*	Salads, omelets, soups, Asian dishes, snacks
Mustard	4-12 Hours	2-3 Times/Day	5-6 Days	3 Tablespoons/Quart jar. Expose to light on day 3	Salads, juices
Oats	1/2 -1 hour	2 Times/Day	1-3 Days	See info for Barley above	Breads, flour, granola, snacks, etc.
Peas	8-12 Hours	2-3 Times/Day	2-3 Days	1/2 cup/Quart jar	Salads, soups, omelets, snacks
Radish	6-12 Hours	2-3 Times/Day	3-6 Days	3 Tablespoons/Quart jar. Expose to light during last day to develop chlorophyll	Sandwiches, salads, juices
Rice, Short Grain, Brown	8-12 Hours	2-3 Times/Day	2-3 Days	1/3-1 cup (or more) rice/Quart jar. Do not expose to light. Harvest with short tails. Refrigerate. Cook before serving	Cook with less water and for a shorter time than unsprouted. Serve and eat just as you would unsprouted rice
Rye	6-12 Hours	2 Times/Day	1-2 Days	See info for Barley above	Breads. granola, snacks
Sesame	2-8 Hours	2 Times/Day	1-3 Days	2/3 cup/Quart. There are no leaves so no need to expose to light	Breads, granola, snacks
Soybean	2-12 Hours	2-3 Times/Day	2-6 Days	1/2 Cup/Quart jar. Change soaking water at 8 hours.	Asian dishes, salads, casseroles
Wheat or Triticale	6-12 Hours	2 Times/Day	1-2 Days	See info for Barley above	Breads, snacks, flour, pancakes, granola, etc.

*See detailed instructions for mung beans on sproutpeople.org. See Companion to The Sprouting Guide (on the other side) for more info.