



# Seed Sprouting Guide

SEEDS	QUANTITY	SOAKING TIME	SPROUTING TIME	YIELD
Adzuki	1 cup	8 to 10 hrs	3 to 4 days	3 to 4 cups
Alfalfa	3 Tbsp	4 to 6 hrs	5 days	3 cups
Amaranth	3 Tbsp	4 to 6 hrs	24 hrs	¾ cup
Barley	½ cup	8 to 10 hrs	2 to 3 days	1 cup
Blue Pea	1 cup	8 to 10 hrs	3 to 4 days	3 to 4 cups
Broccoli	1 Tbsp	8 to 10 hrs	5 to 6 days	1 cup
Buckwheat	1 cup	4 to 6 hrs	24 hrs	2 to 3 cups
Chickpeas	1 cup	10 to 12 hrs	2 to 4 days	3 cups
Fenugreek	4 Tbsp	4 to 6 hrs	3 to 5 days	1 cup
Flax	1 Tbsp	5 to 7 hrs	2 days	1 cup
Green peas	1 cup	6 to 10 hrs	2 to 3 days	2 cups
Lentils	1 cup	6 to 8 hrs	2 to 3 days	2 cups
Millet	1 cup	6 to 8 hrs	1 to 2 days	1 ½ cups
Most Beans	1 cup	8 to 10 hrs	3 to 4 days	3 to 4 cups
Mung Beans	1 cup	8 to 10 hrs	4 days	3 to 4 cups
Mustard Seeds	1 Tbsp	4 to 6 hrs	3 to 5 days	1 cup
Oats	1 cup	8 to 10 hrs	1 to 2 days	2 cups
Onions	1 Tbsp	4 to 6 hrs	4 to 5 days	1 cup
Pumpkin Seeds	1 cup	6 to 8 hrs	1 to 2 days	1 ½ cups
Quinoa	1 cup	4 to 6 hrs	2 to 3 days	2 ½ cups
Radish	1 Tbsp	4 to 6 hrs	3 to 5 days	1 ½ cups
Rye	1 cup	8 to 10 hrs	2 to 3 days	1 ½ cups
Sesame Seeds	1 cup	4 to 6 hrs	1 to 2 days	1 ½ cups
Sunflower Seeds	1 cup	6 to 8 hrs	5 to 8 days	1 ½ cups
Watercress	1 Tbsp	4 to 6 hrs	4 to 5 days	1 ½ cups
Wheat	1 cup	10 to 12 hrs	2 to 3 days	1 ½ cups
Whero Pea	1 cup	8 to 10 hrs	3 to 4 days	3 to 4 cups

# Instructions



1. Wash the Jar and lid thoroughly.
2. Put 1 tbsp of seed in the jar and fill to 3/4 with water. Leave soaking for 8-12 hours or overnight.
3. Drain all the water away through the mesh lid.
4. Rinse through the mesh lid thoroughly with fresh water until the water runs clear.
5. Drain all the rinsing water off and leave balanced on an angle on the bench to allow any excess water to drain and air flow to dry the seeds.
6. 8 hours later repeat step 4 and 5. Repeat this step twice a day until the tails appear and are 5mm long.
7. The sprouts are ready to be refrigerated, they must be dry and can be transferred into a clean plastic container or bag for storage until use.
8. These instructions are the same for all beans and lentil as well as the leafy sprouts such as Alfalfa and Broccoli Radish etc.
9. With the Leafy it is best to shake the jar vigorously before rinsing this helps to break the shoots apart and gives them room to grow and prevents fermentation.