

Basic Steps to Glass Jar Sprouting

Items Needed: Organic/Untreated Vegetable or Herb Seed, Purely Green 25% concentrate (* optional), Glass sprouting Jar (wide mouth mason jars highly recommended), any dish/bowl that jar can drain into.

Harvest Time: 5-10 days (surrounding temperature and variety of seed will affect sprouting time)

1. Start with 1 teaspoon (tsp) of dry seed for a pint (16 oz) jar, 2 tsp of seed for a quart (32 oz) jar or 1 Tablespoon of seed for a ½ gallon (64 oz) jar. Can increase amount of seed if sprouts don't fill jar.
2. Pour seed into jar and fill with fresh, cool water until water is an inch above the seed. Some will float. Stir gently to get seed to sink.
3. Let soak up to 12 hours - overnight the best.
4. Drain and rinse. Do not put in direct sunlight!
5. Set jar at an angle, top/mesh side down to allow drainage and air flow.
6. Rinse with fresh, cool water up to 3 times per day. If able, turn jars to aerate seed/sprouts between rinsings.
7. Some sprouts may be ready to eat in 5 days. Others take up to 10 days. Additional natural light once leaves develop will allow the sprouts to green up and increase chlorophyll content.
8. Place sprouts in fine mesh colander for final rinse. Let drain well. Put in air tight container and refrigerate. Sprouts will keep for 7 to 10 days.
9. Glass part of jar can be put in dishwasher. Clean plastic mesh and jar lid in hot water with mild soap. DO NOT BLEACH. Hydrogen peroxide recommended for extra disinfection.

* Purely Green is an environmentally friendly concentrated cleaning solution. Use 1 oz of the 25% Purely Green concentrate per gallon of water to initially soak seed only. We find it increases germination rate and reduces the growth of mold towards the end of the sprouting

HAPPY SPROUTING!!!

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