

Basic Steps to Growing Sunflower Greens

Items Needed: Organic Black Oil Sunflower Seed, Purely Green 25% concentrate (* optional), Seed Starting or Potting Soil (NOT topsoil or soils with time release fertilizers or moisture holding beads), minimum 2 seed or planting trays, something to weight the tray.

Seed – Harvest Time: 6-10 days (cooler surrounding temperatures will increase growing time)

1. For Sprout Queen white trays, soak 1 cup sunflower seed per tray. Adjust amount of seed if different sized tray used or want to plant a thicker crop.
2. Place seed in a bowl or sprout jar and with enough water or Purely Green solution so there is an extra inch of water. Seeds will float. Gently press down or stir to thoroughly soak. Let soak 8-12 hours or overnight. They will absorb most of the extra solution.
3. Drain and rinse seeds with fresh water. Place back in container and cover allowing air flow and drainage. Repeat rinsing 2-3 times per day. Plant after 36 and before 48 hours from start of soaking time.
4. Fill tray(s) with an inch of soil. Spread sprouted sunflower seed in a thin layer on top of soil. Water soil thoroughly with water or Purely Green solution.
5. Stack trays with empty one on top where weight can be placed. Do not cover holes so trays can breath.
6. To keep from drying out, place trays in filtered/indirect light for 3-5 days. Temperature of growing environment will determine number of days trays are covered.
7. Separate trays when new growth is taller than side of tray. Water if soil appears dry.
8. For mold/fungus problems, increase your air circulation with a fan or reduce the amount of seed per tray.
9. Harvest sunflower greens once the second set of leaves start to grow. Cut just above soil level. May want to rinse in cool water and partially dry before storing in an air tight container in the refrigerator.
10. One Sprout Queen white tray will yield approximately one pound or more of greens.

* Purely Green is an environmentally friendly concentrated cleaning solution. It's use has significantly increased Sprout Queen's germination and harvest rates. We use 1 oz of the 25% Purely Green concentrate per gallon of water for both soaking and watering (not rinsing). It can be premixed and stored.

HAPPY GROWING!!!

Chris Lindsey

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Sprout Queen highly recommends composting the contents of your seed tray when done. It can be distributed amongst your flower beds, vegetable gardens, or put in a composter.

Note: Since you are planting the sunflower seed in soil, you are growing Sunflower GREENS. Sunflower sprouts are when you soak raw, hulled sunflower seed and rinse at intervals for another 24 until little tails (sprouts) appear.

