

## 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), minimum 2 seed or planting trays, something to weight the tray.

**Seed – Harvest Time:** 8-10 days

1. Measure and thoroughly rinse sunflower seed in fresh water. For Sprout Queen white trays, soak 1 cup sunflower seed per tray.
2. Place seed in container and with enough water or Purely Green solution so there is an extra inch of water. Seeds will float. Gently press down to thoroughly soak. Let sit in a dry place to soak overnight or up to 12 hours. They will absorb most of the extra solution.
3. Drain and rinse seeds again with fresh water. Place back in container and cover allowing air flow to let sprout for another 24 hours.
4. Fill tray(s) with an inch of soil. Soak soil thoroughly with water or Purely Green solution. Spread sprouted sunflower seed in a thin layer on top of soil. Briefly water again.
5. Stack trays with empty one on top where weight can be placed.
6. Put trays sit in a shaded, well ventilated, warm area for the next 3-5 days depending on surrounding temperatures.
7. Once sunflower seedlings can be viewed (they are strong enough to lift the weighted top tray), separate trays. Keep in a well lit area but not direct sunlight. Check soil moisture. If damp, wait to water again.
8. Harvest sunflower greens once the second set of leaves start to grow. Cut just above soil level. May want to rinse and partially dry before storing in an air tight container in the refrigerator.
9. One Sprout Queen white tray will yield a 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. It can be premixed and stored.

HAPPY GROWING!!!

Chris Lindsey

[www.TheSproutQueen.com](http://www.TheSproutQueen.com)

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 for 12 hrs and rinse for another 24 until little tails appear.

