

Basic Steps to Glass Jar Sprouting

Items Needed: Organic Seed, Purely Green 25% concentrate (* optional), Glass Jar (wide mouth mason jars highly recommended), any dish jar can be 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. May need to adjust quantity based on seed size and growth size.
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, rotate jars between rinsings.
7. In 5 days, some sprouts will be ready to eat. 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 broccoli, cabbage, radish, and harder hulled seed. We find it increases germination rate and reduces the growth of mold towards the end of the sprouting

HAPPY SPROUTING!!!

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