

# Grow Sprouts in a Jar



### What you need:

- Good sprouting seeds (see info on back of this page)
- Clean, quart-sized jar
- 5" x 5" piece of window screening or cheesecloth
- Ring lid for a mason jar or a rubber band
- Measuring tablespoon
- Optional - bottled water

### What to do:

1. **Make sure everything is VERY CLEAN before you work with your sprouts (all containers, counter, hands, etc.)**
2. Measure 2 Tbsp of seeds into the jar and fill with three times the water needed to cover the seeds. Put the ring and screen (or cloth and rubber band) over the mouth of the jar and soak over night in a cool spot.
3. The following morning, remove any floating seeds and drain the water.
4. Fill the jar with three times the water needed to cover the seeds (cool water), swish the water around, drain ALL the water through the screen.
5. Place the jar upside down at an angle (to allow drainage) in a cool spot out of direct sunlight.
6. Repeat steps 4 & 5 at least twice daily (3 - 4 times is better) to prevent bacteria growth. Continue until the sprouts have grown to the size desired. Timing will vary based on seeds.
7. Remove them from the jar and dry using a salad spinner or paper towels.
8. Place in a plastic bag or sealed container in the refrigerator. Sprouts should stay fresh for up to a week.

**WARNING:** Never eat sprouts that do not appear or smell fresh.

## **WARNING:**

**Check the label** to make sure you're purchasing whole and untreated seeds which are **made for sprouting** and eating. Sprouting seeds are all tested and verified to be free of dangerous bacteria or chemicals.

**Be sure to rinse** the sprouts regularly to prevent bacterial growth that can be harmful.

## **Where To Buy:**

Look at local stores or online for organic **sprouting** seeds. They should be reasonably priced and come in larger quantities than vegetable seed packets.

## **15 Easy To Grow Sprouts**

- Alfalfa – mild, nutty ..... 4 days
- Peas – crunchy, sweet ..... 4 days
- Lentils – earthy, slightly peppery ..... 4 days
- Chickpeas – nutty, creamy ..... 4 days
- Mung Beans – mild, thick, crunchy ..... 5 days
- Kale – mild, cabbage-like ..... 6 days
- Red Clover - fine and mild ..... 7 days
- Broccoli – super nutritious, mild ..... 7 days
- Red Cabbage – colourful ..... 7 days
- Spinach – mild ..... 10 days
- Mustard – fiery kick ..... 10 days
- Beetroot – colorful, mild ..... 10 days
- Arugula – peppery ..... 10 days
- Radish – punchy flavour, crunchy ..... 14 days
- Basil – sweet, intense, mediterranean .... 14 days

## **10 Ways To Enjoy Your Sprouts:**

- Sprinkle on tossed salads
- As a substitute for celery in tuna salad
- Mix into mashed potatoes or potato salads
- Garnish on pasta dishes
- Add to stir-fry dishes
- Garnish on sandwiches or scrambled eggs
- Blend into veggie smoothies
- As crunchy toppings for soup, right before serving
- Sauté with onions and beans
- Eat raw as on-the-go snacks



Use your smart phone to see a Sprouting Video

