



Sprouting Instructions

1. Open one package of our premeasured seeds (or 1 Tbsp of seeds) and put them in a jar. Pour fresh water over them and let them soak in the water overnight or for about 8 – 12 hours.
2. Drain the water.
3. Rinse the seeds in the jar with fresh water and drain the water a few times. Place the jar, upside down, at a 45-degree angle in a bowl to allow the residual water to drain out.
4. Repeat step 3 every 8 to 12 hours daily (about three to eight days) until your sprouts are ready to harvest.

At this point, your home-grown sprouts are ready to be harvested. Gently pull the sprouts out with your fingers.

Enjoy your fresh home-grown sprouts!



Visit Our Amazon Store for all Your Sprouting Needs

