



## Sprouting Tips

**WATER:** Tap water is sufficient to grow sprouts. Rinsing seeds and draining them thoroughly encourages the growth of healthy sprouts.

**LIGHT:** Sprouts thrive with minimal light. Some light at the end of the cycle can make them green, but too much may cause bitterness. Balancing taste and color are up to personal preference.

**CLUMPING:** As seeds begin to sprout, they tend to clump together. To discourage clumping, rinse your seeds by swishing the water around in the jar a few times before draining the water. It is normal to have some clumping.

**ROOTS & ODOR:** During each rinse, inspect the roots and smell the sprouts. Healthy roots should be white with hair-like strands, may appear fuzzy and have a fresh earthy smell. If there is a foul smell or if the roots turn brown, it means one or more of the following: lack of water, excess water or seeds, too much heat or sun.

**WHEN TO HARVEST & STORAGE:** Most sprouts are ready to harvest between 3 and 8 days. Do not rinse your sprouts on the day of harvest unless you use a salad spinner to remove the water. Putting wet sprouts in the refrigerator will cause them to be mushy. At harvest, you can refrigerate the sprouts in an airtight container for up to a week.

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