

Growing Sprouts

Supplies

- Mason jar
- small strainer
- clean rubber band
- one clean old t-shirt(cut into 5 inch squares)
- small dish
- running water
- sprout seeds

I have my favorites; there are more options out there. But this is what I grow regularly:

- alfalfa
- china rose radish
- daiykon radish

For my husband and I to eat on them for about a week I use- 1 t alfalfa, 1/4 t china rose radish, 1/4 t daiykon radish. It creates about two dense cups of sprouts.

1. Place the seeds into the mason jar, fill with room temp water let soak overnight, about 8-10 hours with the t-shirt square on.
2. Rinse them with fresh water in the morning by filling the jar to the top with cool water, using a small strainer to keep the seeds in the jar.
3. Soak the T-shirt square and moderately squeeze dry.
4. Put back on with the rubber band. You want this to be taut, so you can flick it to gently knock the seeds off before removing it for the next rinse.
5. Place in the shallow dish on an angle so the excess water flows out.
6. If there is standing water in the dish after a few minutes, empty it. If you leave the jar in standing water you risk some of the seeds not germinating and mold growing.
7. Rinse the sprouts twice a day to keep hydrated and prevent mold from growing.
8. Continue steps 2-7 until the seed leaves are fully fleshed out or you are ready to eat the sprouts.

Other sprouts I like to grow, or rather I TRY to grow. I have not perfected my method yet. But I am getting closer!

- sunflowers
- buckwheat
- kale
- mung beans
- peas