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# GROW SPROUTS AT HOME

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## YOU WILL NEED

- a sterilised jar (500 mL/16 oz is ideal, but any you have on hand)
- netting or Tulle fabric to cover the jar
- rubber or hair band
- a bowl to stand the jar in
- sprouting seeds (organic, if possible) (for larger seeds, eg, mung beans, peas or sunflowers you need about ½ cup, for small seeds, eg, broccoli, kale, mustard or alfalfa you only need need a few tablespoons)

## METHOD

1. Add the seeds to the jar and fill with cool clean water.
2. Cover the jar with netting and secure it with a band.
3. Let them soak for between 4–8 hours, or overnight. (This ensures you get good germination.)
4. Rinse and drain them well. Lean the drained jar into a bowl, with the netted top rim touching the base of the bowl, at about a 45-degree angle. (It's important to ensure there's no water pooling around the seeds.)
5. Place the jar on a windowsill or just on the kitchen bench. (Note: too much light can make them bitter.)
6. Every 12 hours or so (at least once a day), fill the jar up again with cool clean water, then rinse, drain, and put the jar back in your bowl on its tilt.
7. In 3 or 4 days (or earlier) enjoy your fresh young sprouts! Delicious. Add your sprouts to your salads, sandwiches or stir fries, scrambled eggs just before serving, or whatever you like. What could be simpler?