

WELCOME TO THE WORLD OF SPROUTING

Sprouting turns low cost natural seeds into tiny dynamos of energy, rich in vitamins, minerals, enzymes and other important food values. Sprouts are as varied as the seeds chosen for sprouting and are delicious in countless ways, raw or cooked. Best of all, sprouting provides a money-saving "fingertip garden" anywhere and any-time, without soil or sunshine.

Sprouting provides a practical, enjoyable hobby. It reduces energy consumption, benefits the environment and results in improved health and well-being. Sprouting is an economical way to expand the quantity and quality of our personal food supply, thus making each of us more self-sufficient and independent.



SPROUTING GUIDE

VARIETY OF SEED	QUANTITY OF SEED	SOAKING TIME	RINSE & DRAIN	AVERAGE TIME TO HARVEST & SPROUT LENGTH	SUGGESTED USES
ALFALFA	2 T.	6-8 hrs.	Twice/Day	3-6 days 1-2 inches	Salads, Sandwiches, Juices
CHINESE CABBAGE	¼ cup	6-8 hrs.	Twice/Day	3-4 days ¼-1 inch	Salads, Juices
FENUGREEK	¼ cup	6-8 hrs.	2-3 Times/Day	3-4 days ½-1½ inches	Salads, Snacks
GARBANZO	1 cup	16 hrs.	2-3 Times/Day	3-6 days ⅓-½ inch	Salads, Soups, Stir-fry dishes, Casseroles
LENTIL	½ cup	8-12 hrs.	2-3 Times/Day	2-3 days ¼-1 inch	Salads, Snacks, Soups, Casseroles
MUNG BEANS	½ cup	8-12 hrs.	2-3 Times/Day	2-4 days ¼-1½ inches	Salads, Soups, Stir-fry dishes
PEANUTS (shelled)	1 cup	8 hrs.	2-3 Times/Day	1-2 days 0-⅓ inch	Salads, Snacks, Desserts
PEAS	½-1 cup	8-12 hrs.	2-3 Times/Day	2-3 days ½-1 inch	Salads, Soups, Stir-fry dishes
RADISH	2 T.-¼ cup	6-8 hrs.	Twice/Day	3-4 days ¼-1 inch	Salads, Sandwiches, Juices
RED CLOVER	2 T.	8 hrs.	Twice/Day	3-6 days ½-2½ inches	Salads, Sandwiches, Juices
RYE	½-1 cup	8-12 hrs.	Twice/Day	1-2 days ⅓-¼ inch	Salads, Snacks, Stir-fry dishes, Breads
SESAME	¼ cup	8 hrs.	Twice/Day	1-3 days 0-⅓ inch	Breads, Desserts, Snacks
SOYBEAN	½-1 cup	16 hrs.	3 Times/Day	3-5 days ½-1 inch	Casseroles, Soups, Stir-fry dishes
SUNFLOWER (hulled)	½-1 cup	6-8 hrs.	Twice/Day	1-2 days 0-¼ inch	Salads, Snacks, Desserts
TRITICALE	½-1 cup	8-12 hrs.	Twice/Day	1-2 days ⅓-¼ inch	Salads, Snacks, Stir-fry dishes, Breads
WHEAT	½-1 cup	8-12 hrs.	Twice/Day	1-2 days ⅓-¼ inch	Salads, Snacks, Stir-fry dishes, Breads, Desserts