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Sprouts may be grown in a clean, wide-mouth glass canning jar (typically 1 qt. or ½ gal.), in a BioSet Germinator, or a commercial sprouter. If using a BioSet Germinator or a commercial sprouter, please follow the instructions included with your sprouting equipment.

All of Johnny's sprouting seeds are untreated and have tested negative for the presence of *E. coli* 0157 and *Salmonella*.

The following instructions are for sprouting in a glass jar.

- Cover the mouth of the jar with cheesecloth or other porous material. Secure the cloth with a rubber band. Fill the jar 1/2 full with lukewarm water and soak overnight.
- In the morning, drain off water. The cloth will keep the seeds in the jar. Rinse seeds with lukewarm water again and let drain.
- Put the container on its side in a dark location that stays about 60–70°F (15–21°C).
- At least twice each day rinse with lukewarm water and drain. Continue rinse cycle until harvest.
- When sprouts have reached the desired length (see chart below) or have their first tiny green leaves, expose them to light for a few hours to color them up.
- Hulls may be rinsed out or skimmed off the top of the water with a spoon. They are not harmful to eat, but removal minimizes spoilage in storage.
- Sprouts can be stored in the refrigerator for up to a week.

Variety	Days to sprout	Harvest length	Yield	Description
Alfalfa	3–5	1 ½–2"	1 Tbs. of seed = about 1½ cups of sprouts.	Nutty and mild.
Beans, Garbanzo	2–3	½–¾"	¼ cup of seed = about ¼ cup of sprouts.	Mildly nutty.
Beans, Mung	4–5*	1–2"	¼ cup of seed = 1 cup of sprouts.	Crunchy and mild.
Broccoli	5–7	1 ½–2"	1 Tbs. of seed = about 1–1½ cups of sprouts.	Healthy and spicy.
Fenugreek	3–5	1 ½–2"	1 Tbs. of seed = about 1½ cups of sprouts.	Rich flavor.
Lentil, Crimson	2–3**	½–¾"	¼ cup of seed = about ¼ cup of sprouts.	Mildly earthy.
Lentil, Large Green	2–3**	½–¾"	¼ cup of seed = about ¼ cup of sprouts.	Mildly earthy.
Mustard	4–5	½–1 ½"	1 Tbs. of seed = about 1–1½ cups of sprouts.	Hot and spicy.
Onion	12–14	1–2"	1 Tbs. of seed = 1½ to 2 cups of sprouts.	Mild onion flavor.
Radish	2–5	½–1 ½"	1 Tbs. of seed = about 1–1½ cups of sprouts.	Peppery and spicy.
Wheat	2–3	¼–½"	½ cup of seed = about 1½–2 cups of sprouts.	Sweet and malty.

* For hummus, soak garbanzos overnight and rinse several times and follow recipe for additional processing. For fresh eating, sprout for another day or two.

**For lentils used for cooking, harvest when the small white root emerges. For fresh eating, sprout for another day or two.

REV 07/16/2018 SR/rc, ld