

# EDEN SEEDS

## Sprouting Guide

### Seed Sprouting From Home

The same rules apply to successfully growing sprouts as for seed germination in the garden. For best results avoid hot or cold periods. Temperatures between 20°C - 25°C work best over a 24-hour period. All edible seeds from vegetable seeds including broccoli, kale and spinach, and beans and legumes like chickpeas and lentils can be sprouted by following these simple steps.

### Clean, Soak, Rinse and Grow

**Clean** the seeds by placing them in a bowl of water and rinsing them to remove any dust, broken seeds (that will rise to the surface), foreign particles or seed hulls. Use clean sanitized tools and equipment.

**Soak** the seeds as our sprouting guide recommends. Use at least three parts water. Soaking stimulates the release of their enzyme inhibitors and activation of enzymes—a combination which enhances digestion and boosts nutrient availability.

**Rinse** the seeds as per the recommendation on our guide below (page 3). Drain seeds well ensuring adequate air circulation. The higher the heat and humidity, the more often the seeds will need to be rinsed. Be certain to remove any seeds that rise to the surface. After the final rinse, let sprouts drain for 8 hours before storing them in the fridge in a glass jar with a lid. Rinse sprouts before eating as you would any other fresh vegetable.

**Grow** sprouts with their individual soaking, rinsing, and temperature requirements as well as their own measurements, and methods as per the sprouting guide. Sprouts need just a few days in indirect sunlight to stimulate chlorophyll. Some sprouts require de-hulling (removing the seed hulls) including; cabbage, broccoli, radish, and mustard. To de-hull place the sprouts in a large bowl. Fill with cold water; pull the sprouts apart with your fingers or a fork enabling the hulls to rise to the surface. Skim the hulls from the surface of the water and drain well (a salad spinner works well). Although sprouts are highly nutritious, and easy to produce, they have been linked to cases of foodborne illness. Therefore excellent hygiene practices must be followed when growing sprouts.

### Hygiene Practices

**Cleaning Seeds:** We strongly recommend disinfecting seed prior to sprouting using a suggested solution of vinegar, food-grade Hydrogen Peroxide or Grapefruit Seed Extract. Drain and rinse until you no longer smell the solution. Discard any broken seeds that rise to the surface.

**Cleaning equipment:** Sterilize your equipment regularly. Commercial operations sterilize in between every crop. Dry off in the sun if possible.

### Types of Sprouters

#### Sprouting Jar

Commercial sprouting jars with mesh screen lids, with varying hole sizes, keep sprouts ventilated. Wider hole sizes are interchangeable as seeds mature. To make your own sprouting jar choose a large glass jar with a wide opening. Flywire or cheesecloth secured with a rubber band provides a lid. The covering needs to allow sufficient drainage and aeration to avoid mould. Sprouting jars work well in conjunction with a built-in drainage stand.

#### Pros:

- Glass jars are easy to clean, let the most light in, and

#### Cons:

- Sprouting jars tend to have poor air circulation which

- contain no harmful chemicals such as BPA, BPS, or phthalates as found in many plastic sprouters.
- Does not require as much cleaning as trays.
- Wide mouth for easy emptying.
- Easy to use.

- means sprouts need to be rinsed more often.
- Does not come with stand, therefore a challenge to drain well between rinses.
- Can sprout only one batch at a time
- Easy to overcrowd the seeds in jar sprouters.

### **Sprouting Bag**

Natural fibre (hemp) sprouting bags are durable and naturally mould-resistant. Best for growing hulled grains and beans such as mung, lentils, peas, chickpeas, adzuki, soft wheat sprouts, rye, or barley. Great for small kitchens as the bags hang up to save space. Great option for backpacking or travel.

#### **Pros:**

- Allow better air circulation and drainage than jars due to their porous nature.
- Simple to rinse and drain.

#### **Cons:**

- Messier than jars and trays.

### **Sprouting Tray**

Sprouting trays consist of one or more trays (round or square) specially designed for sprouting seeds, with drainage holes in the bottom. May have built-in drip trays and tray lids to help retain moisture levels. Tray sprouters offer a modular design where trays can be stacked on top and next to each other to make economical use of the kitchen. Often called vertical sprouters as sprouts grow upright in a vertical fashion as opposed to jar or bag sprouts that are curved and irregular.

#### **Pros:**

- Easy to produce a continuous and large supply of sprouts.
- Uses less water than some other sprouters.
- Particularly useful for sprouts where tops and stems are harvested with scissors (buckwheat, sunflower, grain sprouts and oats).
- Easy to use.

#### **Cons:**

- Small seeds may become stuck in drain holes.
- More complicated to clean than other sprouters.

Seed	Soaking Time (after washing)	Amount of Seed	Rinses per Day	Yield	Days to Harvest	Method (Tray =Sprouting tray)	Special Notes/Instructions
<b>Alfalfa</b>	3 - 6 hours	1.5 tbsp	2 - 3	1½ cups	3 - 5	Tray or jar	Expose to sunlight on 4/5th day to increase chlorophyll.
<b>Broccoli</b>	4 - 8 hours	1.5 tbsp	2 - 3	1 - 1½ cups	3 - 6	Tray or jar	Requires good aeration and regular rinsing to avoid mould.
<b>Garlic Chives</b>	6 – 8 hours	1½ cup		3 – 5 cups	4 – 6	Tray	
<b>Buckwheat</b>	20 - 30 minutes	1 cup	2	1½ - 2 cups	5 - 7	Tray	Do not oversoak. Rinse until water is clear. Use raw hulled buckwheat.
<b>Chickpea</b>	8 - 12 hours	1 cup	3 - 4	2½ - 3 cups	2 - 4	Bag or jar	Rinse seeds immediately after soaking.
<b>Cress</b>						Tray	
<b>Fenugreek</b>	8 - 10 hours	1.5 tbsp	3 - 4	1½ cups	2 - 5	Tray	Tolerant of cooler temperatures.
<b>Lentil</b>	5 - 12 hours	1.5 tbsp	2 - 3	1 - 1½	2 – 4	Bag or jar	Green lentils preferable for

				cups Dehull on final rinse	days		sprouting.
<b>Kale</b>	4 - 6 hours	3 T		4 cups	5		
<b>Mung Bean</b>	8 - 12 hours	1.5 tbsp	2 - 3	1 - 1½ cups Dehull on final rinse	4 - 5	Bag or jar	Rinse at least 3 times per day.
<b>Mustard</b>	4 - 5 hours	1.5 tbsp	2 - 3	1 - 1½ cups Dehull on final rinse	3 - 6	Tray	Strongest flavoured of the Brassica family.
<b>Onion</b>	8 - 12 hours	2 - 3 tbsp	2 - 3	1 - 1½ cups Dehull on final rinse	7 - 10	Tray	Sink floating seeds during the soaking stage.
<b>Pea</b>	8 - 12 hours	½ cup	3 - 4	1½ cups	2 - 3	Jar, tray, bag	
<b>Quinoa</b>	20 - 30 minutes	⅓ cup	3	1½ cups	24 - 48 hours	Jar, bag	Contains saponins that can make the water sudsy and a bit thick.
<b>Radish</b>	6 - 12 hours	1.5 tbsp	2 - 3	1 - 1½ cups Dehull on final rinse	3 - 6	Tray	Root hairs visible before rinsing when sprouts are at their driest.
<b>Sunflower</b>	8 - 12 hours	1 cup		2 cups	8 - 10	Jar, tray	For unhulled.
<b>Red Clover</b>	4 - 6 hours	3 T	2 - 3	4 cups	5	Jar	
<b>Rocket</b>	4 - 8 hours		2 - 3		4 - 7	Tray	
<b>Soy Bean</b>	15 - 24 hours	1 cup	3 - 5	3 - 4 cups	3 - 5	Bag, jar	
<b>Wheat</b>	8 hours	1 cup	2 - 3	3 cups	2 - 4	Jar, bag	

**Note:** Stir sprouts with a chopstick or similar during soaking to break up clumps and increase air flow.  
Use organically certified or untreated seed to avoid seeds fumigated or treated with fungicide.

#### Disclaimer:

The information provided by Eden Seeds in this sprouting guide is done so in good faith, for general use only and is provided without any express or implied warranty as to its accuracy or currency. It is not a substitute for independent professional advice and users should obtain any appropriate professional advice relevant to their particular circumstances. Eden Seeds expressly disclaims all and any liability and responsibility to any person in respect of the consequences of anything done or omitted to be done by such person in reliance, whether wholly or partially, upon this document.

Copyright © 2019 Eden Seeds, All Rights Reserved.