

# Do it yourself Fresh Organic Sprouts

## Soaking:

Fill your 1L or 2L sprouting jar ¼ of the way with distilled water. (If using our Food Grade Hydrogen Peroxide to soak, put 5 or 6 drops of 35% in the water, swirl). Hydrogen Peroxide is used for the initial soak only. Put 2-3 tablespoons of the seed you are sprouting in the jar, swirl, then soak 4-12 hours depending on the size of the seed. Small – Broccoli, Alfalfa, etc – 4-8 hours. Larger - Peas, Bean Mix etc - 12 hours. After soaking, slowly pour all water out of jar and cover with fresh water, gently swirl then rinse with fresh water. Now pour all of this water out of the jar. Shake excess water out.



## Sprouting:

Next invert the jar as in photo above, at an angle in your dish rack, or in bowl on your counter to allow any excess water to drain from seeds. Do not place completely upside down as this will stop air flow. Set your Sprouter out of direct sunlight at room temperature between rinses. This is where your sprouts do their growing. Sprouts like air-circulation, so don't hide your sprouts.



Rinse **twice a day morning and evening**, by refilling the jar with fresh water and gently swirling. Pour water out and drain well (even shake water out of jar). Invert jar so the mouth is facing downward. You want any remaining water to drain from the seeds. Always be sure to drain very thoroughly. The most common cause of failure in sprouting your seeds is inadequate drainage. Continue this same process (rinse, swirl, drain, shake off water 2x a day) for 5-6 days. Your sprouts will be done and ready to eat by end of day 5 or 6 (unless you are sprouting the larger seeds eg. bean mix, peas, garbanzo, they are done in 3 days, once the tail appears they are at their sweetest). If left longer they will taste bitter.

## To De-Hull or not to De-Hull? (you may also consume the sprouts with the hulls on if you like as the hulls are a natural fibre):

If you choose to dehull, the most efficient way is to use our Sprout Master Spinner - Sprout De-huller (refer to our website [https://www.sproutmaster.com/index.php?main\\_page=advanced\\_search\\_result&search\\_in\\_description=1&keyword=de+huller](https://www.sproutmaster.com/index.php?main_page=advanced_search_result&search_in_description=1&keyword=de+huller)). Finished sprouts are drained, dried and ready to store in the refrigerator instantly. If you do not have a de-huller, you can transfer the sprouts to a big (at least 2 times the volume of your sprouting vessel) pot or bowl. Fill with cool water. Loosen the sprout mass by pulling it apart with your fingers or a fork. Hulls will rise to the surface. Keep pulling your sprout mass apart and move them around slowly, pulling them down under the water to make room for the hulls to rise. Skim the hulls off the surface of the water and compost them. Return the sprouts to your sprouter for their final drain, shake well, leave inverted and wait 12 hours before refrigerating.

## Storage:

To keep your sprouts fresh, make sure they are well drained and refrigerate afterwards in any closed plastic container with paper towel (to absorb moisture/prolong freshness), for up to 2 weeks.