



**West Coast Seeds**

www.westcoastseeds.com

## **Sprouting Instructions**

Thank you for choosing West Coast Seeds as your sprouting seed and equipment supplier. Not all sprouts have the same requirements, but the common themes here are soaking, rinsing and storage. We hope the tips below will help you reap harvest after harvest of these high-quality, nutritious vegetables.

*It is vitally important to keep all of your sprouts as clean as possible while they germinate and in storage.*

### **Alfalfa & Clover:**

Soak 2 tablespoons in lukewarm water for 3 hours, and rinse them under running water a minimum of 3 times every day. By the third day, the sprouts will be 2cm (1") long. Place these in indirect sunlight where they will develop chlorophyll and form tiny green leaves. On the fourth day, the sprouts are ready to eat. Rinse before eating and store in the refrigerator within 8 hours of their final rinse.

### **Broccoli, Mustard & Radish:**

Soak 2 – 4 tablespoons of seeds in lukewarm water for 4 hours, change the water and repeat for a total of 8 hours soaking time. Drain the seeds and rinse them at least 3 times every day. In 3 – 5 days, they will be 2cm (1") long. Put them in bright, indirect sunlight to green up. They will be ready to eat the next day. Rinse before eating and refrigerate within 8 hours of the final rinse.

- *The instructions above also work for our specialty mixes: A-Go-Go Mix, Special Mix, & Stir-Fry Mix.*

### **Fenugreek, Mung Beans, Lentils & Green Peas:**

Use just enough seeds to create a layer 1-seed-deep in your sprouting container. Soak 8 – 12 hours and drain off the soaking water. Rinse and drain at least 3 times every day. After 3 – 5 days, sprouts will be around 5cm (2") long and ready to eat. They can be greened up in indirect sunlight for one additional day, but many people prefer them just as the leaves emerge. Rinse thoroughly before eating, and refrigerate within 8 hours.

- *The instructions above will work with our specialty mixes: Daily Soup Mix & Green Hunter Mix.*

### **Hard Red Wheat, Black Sunflower & other large seeds:**

Use just enough seeds to create a layer 1-seed-deep in your sprouting container. Soak seeds for 8 – 24 hours, but change soaking water after the first 12 hours. Rinse and drain 3 – 6 times daily. After around 4 days, the sprouts can be placed in indirect light to induce greening. They are ready for eating the following day. Rinse well before eating and refrigerate within 8 hours.

*Eat local, grow food, grow from seed.*