

Sprouting - The easy way!

With Michael

Group A

1 TBLS.



Adzuki Beans
Mung Beans
Whole Lentils

(Red & Green)

Fenugreek

Garbanzo
(chick peas)

Pumpkin
(papitia's)

Hulled Sunflower

Millet

Quinoa

*All Beans, Nuts
or Legumes

*Glass or
Stainless Steel

Soak

*Container 1/3 rd
full with dry seed.

*Completely
Under Water

24 hrs.

12 hrs.

Rinse Seeds
3 X's /day

Sprout

Rinse Seeds
3 X's /day

48 hrs.

3 days

Green

Water well
3 X's / day
*In-direct
Sunlight*

0

3-4 days

*Separate sprouts for greening!
(spread out on a tray or towel)*

Both Groups A&B, when finished, will last one week in the refrigerator. Rinse well before eating! Enjoy!

Evert-Fresh / Green Bags: Used for storage of live products to last longer! Double time/reusable

Group B

1 tsp.



Alfalfa
Broccoli
Clover

*Mustard

*Garlic

*Onion

*Radish

*Some of these
might be SPICY!

Seed Storage: Dry & Room Temp.
Will store for many years.
Do not store in the refrigerator.
(Hulled seeds storage: 3 months)

All seeds:

www.wheatgrassgreenhouse.com

www.sproutpeople.com

www.grassandsprouts.com

Always try to buy Organic Seeds!

When you are growing seeds into a green in soil, wheatgrass, sunflower or pea, they don't have to be organic.

Hulled - Without a Shell
Un-Hulled - With Shell

www.wheatgrassgreenhouse.com

Questions on anything, email ONLY:

wheatgrassking@yahoo.com