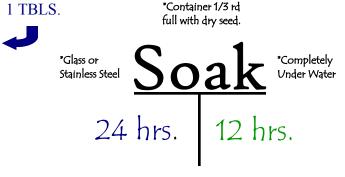
## Sprouting - The easy way!

Group A

Adzuki Beans
Mung Beans
Whole Lentils
(Red & Green)
Fenugreek
Garbanzo
(chick peas)
Pumpkin

(papitia's)
Hulled Sunflower
Millet
Quinoa
\*All Beans, Nuts
or Legumes

Hulled - Without a Shell Un-Hulled - With Shell







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

www.wheatgrassgreenhouse.com

Questions on anything, email ONLY: wheatgrassking@yahoo.com

Group B

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

## <u>Always try to buy Organic Seeds!</u>

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