

Sprouting – The easy way!

Group A

1 TBLS

Adzuki Beans
Mung Beans
Whole Lentils
(red & green)
Fenugreek
Garbanzo
(chick peas)
Pumpkin
(papitias)
Hulled Sunflower
Millet
Quinoa
*All Beans, Nuts
or Legumes

Hulled — Without a Shell
Un-Hulled — With Shell

—Container 1/3 full of dry seed
—Completely under water
—Glass or stainless steel

Soak

24 Hrs | 12 Hrs

Sprout

Rinse seeds
3 Xs/day

48 Hrs | 3 Days

Rinse seeds
3 Xs/day

Green

0-they're
ready

3-4 Days

Water well
3 Xs/day
"In direct
Sunlight"

1 TSP

Group B

Alfalfa
Broccoli
Clover
*Mustard
*Garlic
*Onion
*Radish

* these may be a bit SPICY!

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

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

www.hippocratesgreenhouse.com

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

All Seeds: www.sproutman.com
www.sproutpeople.com
www.wholelifegreens.com
www.sprouting.com