

SIMPLE SPROUTING CHART

The following chart lists sprouting seeds and salad mixes available from Handy Pantry. It condenses the basic sprouting information you will need into a simple handy guide. Happy sprouting!

SPROUTING CHART							
SEED	METHOD	AMOUNT QT. JAR	SOAK HOURS	TEMP F	RINSE/ DAY	HARVEST	
						DAYS	INCHES
Alfalfa ¹	Jar/Tray	1 1/2 Tbsp	6-8	65-85	2-3x	4-6	1 1/2-2
Barley	Soil	1-2 Cups	10-12	65-85	2x	7-10	4-8
Bean Salad ^{1,4}	Jar/Tray	1 Cup	10-12	65-85	2-3x	2-5	1/4-3
Broccoli	Jar/Tray	2 Tbsp	6-8	65-85	2-3x	4-6	1-1 1/2
Buckwheat	Soil	1 Cup	10-12	65-80	2-3x	8-15	4 1/2-6
Chinese Cabbage ¹	Jar/Tray	2 Tbsp	6-8	65-85	2-3x	3-5	1-1 1/2
Fenugreek ³	Jar/Soil	1/4 Cup	8-12	65-85	2x	3-6	1-2
Garbanzo	Jar/Tray	1 Cup	12	65-85	2-3x	2-3	1/2-1
Green Pea	Jar/Tray	1 Cup	12	65-85	2-3x	2-3	1/2
Lentil	Jar/Tray	3/4 Cup	8-12	60-85	2-3x	2-4	1/4-1
Mung Bean ²	Jar/Tray	1 Cup	12-18	70-85	3-4x	3-5	1-3
Radish ¹	Jar/Soil	2 Tbsp	6-8	65-85	2-3x	4-5	1-2
Red Clover ¹	Jar/Tray	2 Tbsp	6-8	65-85	2-3x	4-6	1 1/2-2
Red Winter Wheat	Jar/Soil	1 Cup	10-12	55-75	2x	2-3	1/4-1/2 (grass 6-8)
Soybean	Jar/Tray	1/2 Cup	12	65-85	2-3x	2-5	1/2
Sunflower	Jar/Soil	1 Cup	10-14	60-80	2x	2-4	3-5
3-Part Salad Mix ^{1,4}	Jar/Tray	1 1/2 Tbsp	6-8	65-85	2-3x	2-5	1-1 1/2
5-Part Salad Mix ^{1,4}	Jar/Tray	2 Tbsp	6-8	65-85	2-3x	2-5	1/4-3

Notes:

¹ Green with light during last day to develop chlorophyll .

² Grow in dark, allow to soak for a minute when rinsing.

³ Will get bitter if allowed to develop green leaves.

⁴ Cold final rinse extends storage life.

Sample-taste your growing sprouts occasionally to find when they taste best to your palate. If possible, use a carbon filter if your water supply contains chlorine. Space rinsing times evenly over the day. Morning and evening rinsing is usually easiest.