

From: Gene Monson <ezsprout@gdinet.com> www.sproutamo.com

Re: Best technique for sprouting Salad Varieties (alfalfa, broccoli, clover, etc.)

- 1) With the Alfalfa Insert pushed into the bottom of the Inner Container and the Inner Container within the Outer Container, pour in ¼ cup of salad type seeds, then fill the sprouter with warm water (bathing temperature) and soak 8 hours.
- 2) Drain seed mass thoroughly and loosen. At this critical stage, for best result, use centrifugal force to achieve optimal drainage of the seed mass. A mesh tube bag (often used to package 4 lbs. of oranges) can be used to hold the sprouter as you swing it creating a “salad spinner” effect. A knee-high nylon stocking could also be used. After 10-15 revolutions, empty the Outer Container, and loosen the compacted seed mass by slapping around the sides of the sprouter. The sprouter should be covered with either the Dome or the snap-on Vented Lid.
- 3) About 24 hours after draining the soak water, fill the sprouter with room temp. water and use a fork to loosen and stir the sprouts. (It works well to leave them in the water for 5-10 minutes, especially if you rinse just once per day.) Always drain thoroughly. Repeat the process once or twice per day until the sprouter is full – usually by the fourth day when doing ¼ cup batches of salad varieties.

NOTE – Once salad sprouts reach leaf stage they begin to shed hulls. Some hulls float to the top and can be skimmed with the fingertips, many drop to the bottom along with any hard or non-viable seeds. Once the sprouter is full, after rinsing & draining, we can transfer the “good” sprouts (using a fork) to a second sprouter (no alfalfa insert), leaving the hulls, dead seeds etc. in the bottom of the first sprouter for disposal. If only one Sprouter is available, temporarily transfer the “good” sprouts to any container until the “cleanout” is done.

When salad sprouts have been soaked and sprouted 24 hours we can begin eating them, even as we utilize the above techniques to achieve full leaf stage, uniform greening, dehulling and growth to more advanced stages. What is unique about Easy-Sprout is that the more seeds used per batch the more efficient it becomes, provided they don't become a waterlogged, root-bound mass in the bottom of the sprouter. Once at a stage you like, refrigerate any uneaten portion with the Vented Lid, but wait at least 12 hours after last rinse

For seeds, beans, grains & nuts other than salad types the “gardening” is finished with step 2 and we're simply waiting for the harvest. (Note: The Alfalfa Insert should only be used for small seeds, including sesame.) What varies is seed quantity (more seeds = faster growth), soaking times, sprouting times and of course what you do with what you sprout.