

# 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

\*Container 1/3 rd  
full with dry seed.

## Soak

\*Glass or  
Stainless Steel

\*Completely  
Under Water

24 hrs.

12 hrs.

## Sprout

Rinse Seeds  
3 X's /day

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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)*

## 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](http://www.wheatgrassgreenhouse.com)  
[www.sproutpeople.com](http://www.sproutpeople.com)  
[www.sproutman.com](http://www.sproutman.com)

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](http://www.wheatgrassgreenhouse.com)  
**Questions on anything, email ONLY:**  
[wheatgrassking@yahoo.com](mailto:wheatgrassking@yahoo.com)

*Always try to buy Organic Seeds!  
-800-842-2125 ask for the store!  
We do not ship seeds, you may come  
by the store, limited amounts avail.*

- Hulled - Without a Shell
- Un-Hulled - With Shell