

How to Grow Sprouts in a Jar

1. For small seeds, such as alfalfa seeds, place 2-4 Tbsp of seeds into a quart mason jar. To sprout larger beans and grains, place about 2 cups in a half gallon jar.
2. Add plenty of water to cover (about 3x the quantity of seeds) and soak overnight, or 6-12 hours.
3. Drain the water used for soaking the seeds through the sprouting screen or cheesecloth.
4. Fill the jar with fresh water, rinse the sprouts by gently swirling the water, and drain.
5. When you are done rinsing the sprouts, prop the jar upside-down and at an angle so that all the water will drain from the jar. Have a mixing bowl or saucer ready to catch the water. Place jar in indirect sunlight.
6. Rinse and drain the sprouts at least 2x per day (more often in hot weather) for 1-7 days until sprouts are mature.
7. Once the sprouts are ready, refrigerate or cook them. Wash and rinse to separate any unsprouted seeds and seed coats from the sprouted seeds. Sprouts should be well-drained and placed in a loosely closed container (plastic or glass) in the fridge. Eat or cook within several days.

Sprouting



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About Sprouting

Sprouts can be grown in your kitchen in just a matter of days. You can soak and sprout a wide variety of foods, including seeds, nuts, grains, rice, lentils, and dried beans!

Some types of sprouts, like alfalfa sprouts, are commonly eaten raw on sandwiches and salads while bean and grain sprouts are usually cooked. Nuts are soaked and then dried in a low-heat oven for a tasty twist on the original.

Sprouting Guide

| Sprout Varieties | Sprout Quantity | Yield | Time | Length |
|--|-----------------|-----------|--|--------------|
| Traditional "Salad" Seeds - alfalfa, red clover, radish seed, etc. | 2 Tbsp | 2-4 cups | 2-5 days | 1 inch |
| NOTE: Wash off hulls & remove hard seeds that have not sprouted on final rinse. You can also grow a mixture of sprouts at one time for a variety of sprout textures and flavors. | | | | |
| Other Seeds - unhulled black and white sesame seeds, poppy seeds, raw pumpkin seeds, etc. | 1 cup | 1 ½ cup | 1-2 days | ¼ inch |
| NOTE: Sesame, poppy, and pumpkin seeds do not grow a long tail like the salad seeds above, but they are still good on salads, in breads, or crackers. | | | | |
| Grains - wheat, rye, spelt, hulled buckwheat, barley, millet, amaranth, quinoa, oat groats, corn, etc. | 2 cups | 3-5 days | 1-2 days small grains, 5-7 days larger grains | ¼ inch |
| NOTE: Sprouted grains are best eaten cooked. Small grains like millet and quinoa sprout in a short amount of time; larger grains like wheat and barley take longer to sprout. | | | | |
| Rice - brown, red, wild, etc. | 2 cups | 3 cups | 2-4 days | Not visible |
| NOTE: Sprouted rice is best eaten cooked: for 2 cups sprouted brown rice, use about 3 cups water and 1 tsp salt. Bring to a boil, reduce heat, cover, and simmer for 45 minutes without stirring. Let sit for 10 minutes before serving. | | | | |
| Lentils, Split Peas | 2 cups | 4 cups | 2-3 days | ¼ inch |
| NOTE: Sprouted lentils and split peas are best eaten cooked. The longer they are left to sprout, the less sweet they become. | | | | |
| Beans - chickpeas, adzuki, kidney, black, etc. | 2 cups | 4-6 cups | 3-4 days | ¼ inch |
| NOTE: Beans are best eaten cooked, with the exception of mung beans. Cook sprouted beans in 3x the amount of water; cooking time will be reduced. Only salt beans after cooking. | | | | |
| Raw Nuts & Sunflower Seeds - almonds, pecans, walnuts, peanuts, cashews, etc. | 2 cups | 2 cups | 6-12 days | Not visible |
| NOTE: For best flavor, soak 2 cups nuts or sunflower seeds with 1 ½ tsp salt for 6-12 hours overnight. Cashews should be soaked for 4-6 hours. After soaking, drain the nuts or seeds. Slowly dry nuts in a warm oven at lowest temperature until dry and crisp, or in a dehydrator. | | | | |
| Flax Seeds & Chia Seeds | 1 Tbsp | 1-1½ cups | 2-5 days | Up to 1 inch |
| NOTE: These slippery seeds will not sprout in a traditional, water-only method like other seeds. They must be sprouted on a medium, such as a paper towel. Do not soak flax or chia seeds. | | | | |
| Instead, sprinkle on a well-moistened paper towel in indirect sunlight. They will begin to sprout in 24 hours. As the sprouts grow, keep them moist and the medium moist with a spray bottle of water. Check them daily and make sure they do not dry out. | | | | |



What You Need to Grow Sprouts in a Jar

- Wide-mouth quart or ½ gallon mason jar
- Sprouting screens and jar lids or cheesecloth and a rubber band
- Seeds, nuts, grains, rice, lentils, or dried beans of your choice

The simplest way to grow sprouts at home is to use a sprouting screen that fastens to a wide-mouth mason jar with lid. If you don't have a sprouting screen, you can use a rubber band to secure a cheesecloth over the jar opening.

