

## Sprouting Seeds in a Jar Instructions



### Ingredients

All you need to sprout seeds is:

- Packet of sprouting seeds (This is very important! Do not use commercial seeds sold for planting, as they are mostly likely sprayed with an anti-fungal agent. Use only sprouts sold specifically for sprouting.)
- Clean glass jar

### Method

There are commercially available sprouting kits and specially made glass bottles, but I simply use a glass bottle I have left over. Be sure to wash it thoroughly and even consider boiling it, particularly before your first use.

Follow the directions on the sprout package, but most likely it will tell you to take a few dessert spoons full of seeds and add to your jar. Rinse them a few times and leave about an inch of water in the jar covering the seeds overnight.

In the morning, drain and rinse the seeds. It is only essential to place them on your windowsill in the last day or two, so for the first couple of days, you may place them in any safe spot.

Simply rinse them two times per day with fresh clean water and drain fully. After even 24 hours you should begin to see small roots emerge and they are ready for eating in 3-5 days.

Why not soak a new batch regularly and have a few jars at varying stages every day so that you're never out of these delicious and nutritious treats!

Source: Saving the Green



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