

## A Quick Start Guide to Sprouting

### Highly nutritious indoor gardening

The freshest and most nutritious addition you can make to your diet.

Start with these easy ones

Lentils



Sprouting jar



Chic Peas



Sproutable item	Soaking time	Eating time
Whole Lentils (skin on)	Over night	3-5 days
Chic peas	Over night	3-5 days
Mung Beans	Over night	3-5 days

- All you need to start is a large-ish jar with something like muslin or net secured with an elastic band over the opening (no lid required) or a 'sprouting jar' that you can find in some garden centers or health shops.
- Alternatively simply use a wire or plastic sieve suspended over a jar or bowl to collect the water drips.
- Follow the soaking instructions in the chart above, place the lentils etc in the jar or sieve and rinse twice a day letting all the excess water drip out but not letting them sit in water as they will rot or go mouldy - not nutritious!
- Eat any time from when you see a little sprout appearing . ( I like mine young and just sprouted, but you can let them grow longer)
- Add to salad or soup in modest or vast quantities !
- There are many things you can sprout such as Radish, Broccoli, Snow peas, Sunflower Seeds, Buckwheat .....