

Basic Jar Sprouting Directions:

1. Soak the seeds in the jar. Put 1 to 4 tablespoons of seed in the jar. Add water and soak overnight about 8 to 10 hours. Most seeds can be soaked for 24 hours with a water change in the middle at 12 hours.
2. After you have soaked the seeds, drain out the water, making certain there are only wet seeds left in the jar, no standing water.
3. Rinse the seeds with fresh water, drain out the water, making certain there are only wet seeds left in the jar, no standing water.
4. Twice each day, rinse the seeds with fresh water, drain out the excess water, making certain there are only wet seeds left in the jar, no standing water.
5. Bean and grains are ready in about two days. Greens are ready in about 5 to 7 days. Gelatinous seeds do not do well in jars. Grasses, sunflowers, buckwheat and peas for shoots do better in trays.