

How to sprout the gelatinous seeds like flax, chia, arugula, and cress.

Gelatinous seeds form a gel-like sac around the seed in the presence of water. They get gooey, hard to manage and will not sprout using conventional methods such as a jar sprouter or a tray sprouter. What to do? There are three ways to sprout gelatinous seeds. You can sprout them in soil, you can sprout them using a terra cotta tray sprouter or you can sprout them in a plastic tray sprouter using a non-soil growing medium. These are easily sourced from local nurseries. Sprinkle DRY seeds on to the soil, terra cotta clay sprouter, or non-soil growing medium. Then wet everything, keeping it all moist without puddles. The soil absorbs the gooey stuff and you can sprout as usual making certain the soil is damp and moist but not pooled with water. You do not need a great deal of soil, about ½ will do. Use an organic potting soil. The terra cotta tray sprouter is similar to sprouting in soil as the clay is absorbant. Non-soil growing mediums will also absorb the gooey stuff so that you can sprout as usual. Gelatinous seeds do not do well in jar sprouters.