

**SPROUT LADY RITA'S**  
**STEP-BY-STEP**  
**GUIDE TO SPROUTING**



## **HOW TO SPROUT IN A MASON JAR USING A STAINLESS-STEEL SCREEN OR PLASTIC SPROUTING LID**

1. Follow safe food-handling procedures by washing the jar and screen or lid in warm sudsy water and then rinse in hot water; use clean water from a reliable source for soaking and sprouting. Wash your hands before touching the seeds or sprouts.
2. Measure your seeds/beans and put them in the jar.
3. Fill the jar with cool water.
4. Soak the seeds/beans in the jar overnight, about 8 to 10 hours.
5. Screw the screen and rim or plastic lid onto the mason jar. Pour out the water so that you are left with only wet seeds/beans in the jar and no standing water.
6. Fill the jar with fresh water. Give the seeds/beans a minute or so and let them absorb the water and enjoy their bath. Pour out the water so that you are left with only wet seeds/beans in the jar and no standing water.
7. Place the jar upside down at an angle with the screen or lid on the bottom to allow the water to fully drain out.
8. Approximately every 12 hours, at least two times each day, rinse and drain the seeds/beans, making certain that there is no standing water left in the jar, only wet seeds/beans or sprouts. Be consistent in your rinsing and draining; the sprouts will grow very nicely if you remember to give them their baths. Inconsistent watering habits can cause changes in growth patterns.
9. Remove the sprouts from the jar and enjoy!



## **HOW TO SPROUT BEANS AND GRAINS IN A HEMP SPROUTING BAG**

1. Follow safe food-handling procedures by using clean water from a reliable source for soaking and sprouting. Wash your hands before touching the seeds or sprouts.
2. Measure your seeds or grains and put them into a jar or bowl.
3. Fill the jar with cool water.
4. Soak the beans or grains in the jar overnight, about 8 to 10 hours. You can soak them for up to 24 hours with a water change in the middle at 12 hours.
5. Prepare the bag by pre-moistening it.
6. Pour the water and beans or grains into the bag and let the water drain out.
7. Rinse the seeds with fresh water under the tap while they are in the bag. Let the water drain out.
8. Hang the bag so that the water can drip. Never put your bag on a flat surface like a counter or plate. Doing so will cause the hemp material to rot.
9. Approximately every 12 hours, at least two times each day, rinse and drain the beans or grains in the bag by running it under the tap. Alternatively, you can put the bag into a bowl of water and let it sit in the water for a minute or so. Pick up the bag and let the water drain. Be consistent in your rinsing and draining; the sprouts will grow very nicely if you remember to give them their baths. Inconsistent watering habits can cause changes in growth patterns.
10. Hang the bag so that the water can drip.
11. You can give your beans or grains a little massage through the bag after each rinsing. This will keep the roots from growing into the bag.
12. Remove the sprouts from the bag and



enjoy!

## **HOW TO SPROUT IN A TRAY SPROUTER**

1. Follow safe food-handling procedures by washing the sprouter in warm sudsy water and then rinsing in hot water; use clean water from a reliable source for soaking and sprouting. Wash your hands before touching the seeds or sprouts.
2. Measure your seeds/beans and put them into a jar or bowl of cool water.
3. Soak the seeds/beans in the jar or bowl overnight, about 8 to 10 hours. You can soak them up to 24 hours with a water change in the middle at 12 hours.
4. Pour the seeds into the tray over a sink and let the water drain out. Rinse the seeds in the tray with fresh water and let that water drain. There should be only wet seeds or sprouts in the tray and no standing water.
5. Approximately every 12 hours, at least two times each day, rinse and drain the seeds/beans, making certain that there is no standing water left in the tray, only wet seeds/beans or sprouts. Be consistent in your rinsing and draining; the sprouts will grow very nicely if you remember to give them their baths. Inconsistent watering habits can cause changes in growth patterns. Do not rush, give them some time with the water running over them.
6. Remove the sprouts from the tray and enjoy!



## **HOW TO SPROUT GRASS (Wheat and Barley) AND SHOOTS (Sunflower, Buckwheat, Peas for Shoots)**

1. Follow safe food handling procedures and use clean water from a reliable source; wash your hands before touching the seeds or sprouts.
2. You can use either soil or a non-soil growing medium.
3. Measure the seeds and soak them overnight in a jar or bowl of water. The seeds can be soaked for up to 24 hours with a water change in the middle at 12 hours.
4. After soaking, pour out the water. Rinse with fresh water and pour out the water so that you only have wet seeds.
5. Prepare your tray with either soil or the non-soil growing medium.
6. Spread the seeds on top in an even layer.
7. You can cover the tray with a humidity dome or inverted tray to create a greenhouse effect.
8. Keep the soil or non-soil growing medium moist, but not soaking wet. No puddles.
9. The grass and shoots are usually ready to harvest after about 8 to 10 days.



## **HOW TO SPROUT GELATINOUS SEEDS: ARUGULA, CRESS, CHIA, FLAX**

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.

### **SOME HELPFUL INFO**

Store your seeds in the refrigerator or freezer.

Store mature sprouts in the refrigerator in a sealed container.

Most seeds are soaked for 8 to 10 hours but can be soaked for as long as 24 hours with a water change in the middle at 12 hours.

Generally, the small seeds like alfalfa, broccoli, radish, clover, kale, and cabbage are ready to harvest in 5 to 7 days. The beans and legumes like green pea, lentil, adzuki, and mung are ready to harvest in 2 days. They get chewy and bitter if they sprout too long. The grasses and shoots are ready to harvest in 8 to 10 days. Grasses need to be juiced with a wheat grass juicer. If you have a high-speed blender, cut the blades of grass into 1" sections and add water to the blender.

The gelatinous seeds – chia, arugula, cress, and flax – are sprouted differently. Use a tray sprouter with a non-soil growing medium. Or, use a terra cotta clay sprouter and the sprouter acts like soil to absorb the gooey stuff. Or, use a little bit of soil to absorb the gooey stuff. Do not pre-soak the seeds, they will misbehave. Sprinkle them dry and then rinse.

You can use your sprouts and make a salad with other sprouts or fresh veggies. Put them on sandwiches. You can juice the green leafy sprouts (the beans don't juice well because they do not have a high-water content). Make a raw sprouted soup with other

veggies and a soup stock. Add beans and grains to hot soups and stir-fries. Sprouted garbanzos make a great hummus.

### **ABOUT THE AUTHOR**

Rita Galchus, popularly known as “Sprout Lady Rita”, is the owner of The Sprout House. She started sprouting in April 1986 after attending a free class about sprouting with her husband while they were dating. That class started her love of sprouting. She purchased the business in October 2000 and has been Sprout Lady Rita ever since. Rita holds bachelor’s degrees in business management and holistic nutrition. She is the author of *Homegrown Sprouts: A Fresh, Healthy, and Delicious Step-by-Step Guide to Sprouting Year Round*. Quarry Books, 2013. Photography: Thea Coughlin