

Seed Sprouter Instructions

Imagine a vegetable that's ready to eat in 2-7 days, does not need soil or sunlight, can be grown anywhere—year round—needs little attention and is outstandingly delicious and nutritious. Introducing seed sprouting—simply sow, rinse and grow! The entire sprout including the roots can be eaten. Enjoy sprouts on their own or add to sandwiches, salads, soups, casseroles, stir-fries, omelets and much more! Sprouts can be stored in the refrigerator in an unsealed plastic bag for 3-4 days when rinsed regularly.

1. Thoroughly wash each tray with soap and warm water before and after use. Sterilize when necessary.
2. Soak desired amount of seeds overnight.
3. After the seeds have swollen considerably, drain water and spread the seed evenly in a thin layer over each tray. While on the tray, rinse the seeds thoroughly with fresh, cold water and drain. Drain as much of the rinse water as possible!
4. Stack trays onto the base and place the lid on top. Store sprouter in a dark cabinet for white sprouts or on the counter out of direct sunlight for green sprouts.
5. Rinse each individual tray of seeds at least twice daily with cold water. Drain as much as possible and continue this process for 2-7 days until sprouts are ready to be eaten!