



## Easy Sprout & 1 pound of Broccoli Seed

### Sprouting Instructions

Yields approximately 2 Cups (1/2 lb.) of Sprouts

**Assemble your Easy Sprout by snapping the Small Seed Insert into the bottom of the Growing Vessel. Put 3 Tablespoons of seed into your Easy Sprout's Growing Vessel and rinse with cool water to wash any dust off the seeds. Place the Growing Vessel into the Solid Base. Add a cup of cool (60°-70°) water. Mix seeds up to assure even water contact for all. Place Dome Lid atop Easy Sprout.**

*Note: [Broccoli](#) tends to float. Try to sink those that do by knocking them down with your fingers. Most of those floating seeds will sink during the hours they are soaking, but it is a good habit to pay attention to your seed's needs, and this is the perfect place to start!*

**Allow seeds to [Soak](#) for 6-12 hours.  
Pull the Growing Vessel out of the Base. Pour out the soak water.**

**[Rinse](#) thoroughly with cool (60°-70°) water.**

Hold the Growing Vessel under your faucet (or use your spray attachment) for 20-30 seconds so that all of the seeds get rinsed.

**[Drain](#) thoroughly**

by twirling and knocking the Growing Vessel against your sink.

**Set your Sprouter anywhere out of direct sunlight and at room temperature (70° is optimal) between Rinses.**

*This is where your sprouts do their growing. We use a counter top in our kitchen - right in the middle of the room but where the sprouter won't get knocked over by kids, dogs, cats or us. Our kitchen gets no direct sun but we don't mind the diffuse sunlight or the 150 watts of incandescent light. Light just does not matter much. A plant can only perform [photosynthesis](#) when it has leaves. Until then light has little if any effect, so don't hide your sprouts!*

**Rinse and Drain again every 8-12 hours for 3 days.**

*As long as you grow you have to keep the sprouts happy!*

**Note:** *These wonderful little brassica plants have a unique root structure. Brassicas will show microscopic roots starting on day 2 or 3. They are called root hairs and are most visible just before Rinsing when the sprouts are at their driest. When you Rinse the root hairs will collapse back against the main root. These root hairs impress many people as mold - but they are not. Now you know!*

### **Greening**

**On the 4th day relocate your sprouts if necessary.**

*If you've been keeping them away from light, move them. Avoid direct sun - it can cook your sprouts. Indirect sunlight is best but virtually any light will do. Experiment - you will be amazed at how little light sprouts require to green up. Like we said - we grow from start to finish in the middle of our kitchen where the light is little but consistent.*

**Continue to Rinse and Drain every 8-12 hours.**

*As long as you grow you have to keep the sprouts happy.*

### **Finishing**

**Your sprouts will be done during day 5 or 6.**

*The majority of sprouts will have open leaves which will be green if you exposed them to light.*

### **De-Hull**

**Before your final Rinse remove the seed hulls.**

*Brassica sprout hulls are quite large (relative to the seed and sprout) and they hold a lot of water (which can dramatically lessen the shelf life of your sprouts), so we remove them:*

*Transfer the sprouts to a big (at least 3-4 times the volume of your sprouter) pot or bowl, fill with cool water, loosen the sprout mass and agitate with your hand. Skim the hulls off the surface. Return the sprouts to your sprouter for their Rinse and Drain. That's the short course - the full lesson is at <http://www.sproutpeople.com/grow/bits/dehull.html>*

### **Harvest**

**Your sprouts are done 8-12 hours after your final rinse.** *After the De-Hulling and the final Rinse we need to Drain very thoroughly and let our sprouts dry a bit. If we minimize the surface moisture of our sprouts they store much better in refrigeration, so we let them sit for 8-12 hours.... OR..... We can use a salad spinner to dry the sprouts after their final Rinse and skip the final 8-12 hour wait and go directly to Refrigeration.*

### **Refrigerate**

**Transfer the sprout crop to a plastic bag or the sealed container of your choice.**

## Notes:

*When conditions are warm your sprouts will likely grow faster. If their leaves open sooner you should green and de-hull and harvest sooner. Likewise they may grow slower if conditions are very cool. These are just tiny plants they are not difficult to understand. The more you sprout the better you'll know them and be able to adjust to their needs. As always 70° is optimal and 70° is what our instructions are written for.*

*All sprouts generate heat while growing, which is a good thing, but it can get out of hand on occasion. When the weather is especially hot and humid you will do well to [Rinse](#) more frequently (every 8 hours if possible) using colder water than usual (the coldest your tap can offer is fine), to compensate.*

*Depending on your sprouting device, not all of your sprouts will have access to light and so some will not green. This is not only OK - it is good. The yellow sprouts will be equally nutritious (they have everything but chlorophyll) and many think them more delicious (in Europe vegetables are often grown "blanched" by avoiding light). We think they are prettier when there is a mix of green and yellow to go with the white roots. So don't sweat it - just eat more sprouts!*

*It is ESSENTIAL that you keep Brassica sprouts from clumping together and you CAN NOT grow them vertically using a tray sprouter. Brassica sprouts will mat together forming a dense bluish root mass which not only is unattractive but shortens the shelf life of the finished sprouts. So mix 'em up! We use high water pressure when [Rinsing](#) to keep our brassica sprouts loose, but this only works for so long - so - when water isn't enough, break the clump of sprouts up using a fork or your fingers (wash your hands first please, if they need it). If you are using a sprouter that can hold water, fill it mostly full then use a fork to loosen. You can also dump your sprouts onto or into something and just shake them apart. You should never be afraid\*\* of touching your sprouts. They are much stronger than they appear - just be reasonably gentle.*

**\*\* The only thing to fear is fear itself.**