

# Best of the Best of the Best

## Easy Sprout Sprouter & our 5 most popular Mixes

Directions for an 8 ounce crop:

Sprout: **French Garden & Russian Mix**

1. Easy Sprout: Snap the Small Seed Insert into the bottom of the Growing container. Put 2 Tablespoons of seed into the Easy Sprout Growing container. Prep the seed by running cool water through them for about 30 seconds. Place the Growing container into the Solid base. Add 1/2 - 1 cup cool (60-70°) water. Mix seeds up to assure even water contact. Soak for 8-12 hours.
2. Remove Growing container. Rinse thoroughly with cool water by holding Growing container under faucet, or by spraying. Drain thoroughly by shaking, spinning and bouncing (against the side of your sink) the Growing container. Return Growing container to Solid Base. Place Domed Lid on top between Rinses. Set anywhere out of direct sunlight and at room temperature (70° is ideal).
3. Rinse and Drain (repeat step 2) every 8-12 hours for 5-6 days.
4. On the 4th day relocate your sprouts (if necessary\*) to a well-lighted location, for greening. Avoid direct sun as it can cook your sprouts. Experiment - you will be amazed at how little light sprouts require to green up. Continue to Rinse and Drain every 8-12 hours.
5. Your last Rinse/Drain will be either at the end of day 5 or the start of day 6. In any case you may de-hull your sprouts at that time if you wish (see our web site). Your sprouts will be done about the end of Day 6. They will have green leaves - you will certainly recognize them.
6. Refrigerate your sprouts when no longer damp - 8-12 hours after their last Rinse/Drain.

We keep our Easy Sprout in the center of our rather dimly lit kitchen. The 150 watts of incandescent light and the very little indirect sunlight is plenty to get them green. All the sprouts other than those in the center of the mass will green, nothing special is required - it just happens.

Note: Around day 4 your sprouts will near fill the container. You may pull the mass apart gently with a fork to improve drainage and give more of the sprouts access to light. You can fill the container with water to make the process a bit easier. This is not essential - it's just an option.

Sprout: **Beanie's Awesome & San Francisco Mix**

1. Empty 1/2 cup of beans into the Easy Sprout Growing container. Prep the seed by running cool water through them for about 30 seconds. Place the Growing container into the Solid base. Fill Easy Sprout with cool (65-70°) water. Mix beans up to assure even water contact. Soak for 8-12 hours.
2. Remove Growing container. Rinse thoroughly with cool water by holding Growing container under faucet, or by spraying. Drain thoroughly by shaking, spinning and bouncing (against the side of your sink) the Growing container. Return Growing container to Solid Base. Place Domed Lid on top between Rinses. Set anywhere out of direct sunlight and at room temperature (70° is ideal).
3. Rinse and Drain (repeat step 2) at 8-12 hours intervals. We prefer to grow tiny sprouts and so we Rinse/Drain them once after their soak period and only once or twice more after that.
4. Your beans are done when they have the beginnings of little tails (sprouts). They are ready to eat. Eat the entire thing - bean and sprout. You can eat these raw right out of the sprouter or prepare them any way you like. You may grow them longer if you like - experiment to see what your favorite stage is. If you grow more than 4 days they may get tough. Refrigerate them when no longer damp (8-12 hours after final rinse).

\* For recipes visit: [www.sproutpeople.com/cookery.html](http://www.sproutpeople.com/cookery.html)

Sprout: **Madison Market Mix**

1. Put 2/3 cup of seeds into the Easy Sprout Growing container. Prep the seed by running cool water through them for about 30 seconds. Place the Growing container into the Solid base. Fill Easy Sprout with cool (60-70°) water. Mix seeds up to assure even water contact. Soak for 4-12 hours.
2. Remove Growing container. Rinse thoroughly with cool water by holding Growing container under faucet, or by spraying. Drain thoroughly by shaking, spinning and bouncing (against the side of your sink) the Growing container. Return Growing container to Solid Base. Place Domed Lid on top between Rinses. Set anywhere out of direct sunlight and at room temperature (70° is ideal).
3. Rinse and Drain (repeat step 2) at 4-12 hours intervals. We prefer to grow tiny sprouts and so we Rinse/Drain them once after their Soak period and only once or twice more after that.
4. Your seeds are done when they have the beginnings of little tails (sprouts) or not. In the case of the Almonds & Peanuts, they will never actually sprout - that is as it should be - they are oft called Soaks. They are ready to eat. Eat the entire thing – seed and sprout (if any). You can eat these raw right out of the sprouter or prepare them any way you like\*. Refrigerate them when no longer damp (8-12 hours after final rinse). Some of these store for not too long - Sunflower and Pumpkin especially. Eat these as fresh as possible and you won't have to worry about that - and since these are done sprouting so quickly, you can grow more instead.

\*For recipes visit: [www.sproutpeople.com/cookery.html](http://www.sproutpeople.com/cookery.html)

**The Best of The Best of The Best Seeds**

San Francisco Mix - 2 Pounds

Beanie's Awesome Mix - 2 Pounds

Madison Market Mix - 1 Pound

French Garden - 1/2 Pound

Russian Mix - 1/2 Pound

The instructions for this kit are also available on our web site:

<http://www.sproutpeople.com/seed/kit/best.html>