



**Awesome Sprouters: two Easy Sprouts & one 5x6 SproutMaster  
& 1/2 lb. each of our 9 famous Leafy Sprouts**

**Instructions for an 8 ounce Easy Sprout crop:**

1. Easy Sprout: Snap the Small Seed Insert into the bottom of the Growing container. Put 2-3 Tablespoons of seed into the Easy Sprout Growing container. Rinse the seed by running cool water through it 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 (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. You may use a flat lid and store right in Easy Sprout if you like.

\* 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.

**Further knowledge can be had on our web site**

### **Instructions for an 8 ounce SproutMaster crop:**

1. Put 2 Tablespoons of seed into an Easy Sprout Growing container (with Small Seed Insert snapped in). Rinse the seed by running cool water through it for about 30 seconds. Place the Growing container into the Solid base, or transfer your seeds to a jar. Add 1/2 - 1 cup cool (60-70°) water. Mix seeds up to assure even water contact. Soak for 8-12 hours.
2. Transfer the soaked seeds to one of the SproutMaster trays. Rinse thoroughly with cool water by holding tray under faucet, or better yet by spraying. Drain thoroughly by shaking the tray gently (side to side) until no more water runs out. Place tray atop base (lid) and cover with lid. 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, uncover & relocate your sprouts (if necessary\*) to a well-lighted location, for greening. Avoid direct sun as it can cook your sprouts – though sunlight is most acceptable when growing in trays, so if you want to try it, this is your chance. 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. Many of the hulls will have fallen off by now but you may de-hull your sprouts at that time by spraying them off. Hold the tray at an angle – start spraying at the top of the angle and “shave” the hulls down and off the low end. 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.

\* Uncover your tray when you start to see leaves. It is usually the 4<sup>th</sup> day, but nothing is written in stone. We keep our sprouter 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. This vertical growing results in a very high percentage of green sprouts.

SproutMaster: The volume of the Easy Sprout is 10% greater than one full (undivided) tray of the SproutMaster.

Start with 2 Tbs. Of seed per SproutMaster tray.

Rinsing is best done with a spray attachment.

Try to level your sprouts at the end of the 2<sup>nd</sup> day (48 hours after you started soaking the seeds) so they cover the tray evenly.

In all subsequent Rinses try not to disturb the mass of sprouts. By the 4<sup>th</sup> day, the mass will be so tight that you won't be able to displace the sprouts.

Rinse with as much water pressure as you can – the sprouts will grow wonderfully! They will grow straight up and form a lovely bed of deliciousity

Start with 1 Tbs. Of seed if you are using a tray divided. You may grow as many trays at a time as you like. Soak seed accordingly.

**Further knowledge can be had on our web site**