

GBTY BUNDLE

Easy Sprout Sprouter & 1/2 lb. Each of Broccoli and French Garden

Instructions for an 8 ounce crop of French Garden:

1. Easy Sprout: Snap the Small Seed Insert into the bottom of the Growing container. Put 2 Tablespoons of French Garden 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.

* 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.

Though the Easy Sprout comes with instructions, it is our fervent belief that they should be used solely for assembly and, once you are a good sproutperson; experimentation purposes. Please follow Our instructions for the best possible results.

Further information can be found at www.sproutpeople.org

Instructions for an 8 ounce crop of Broccoli:

1. Easy Sprout: Snap the Small Seed Insert into the bottom of the Growing container. Put 3 Tablespoons of Broccoli 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 4-5 days.
4. On the 3rd day relocate your sprouts (if necessary*) to a well-lighted location, for greening. Avoid direct sun as it will 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.
6. Your last Rinse/Drain will be most likely be either at the end of day 4 or the start of day 5. 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.
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: As your Broccoli grows it will form a mass. On day 3 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.

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