

BEAN XTREME

Sprouters

4 Hemp Bags
2 Easy Sprouts

Seeds

5 pounds each of:

Beanie's Awesome Mix

Mung Bean

Pea Carnival

Peasant Mix

San Francisco Mix

Instructions

Turn this page over, or visit our web site for the most thorough sprouting instructions on our planet.

Directions for an 8 ounce crop:

Hemp Bag:

1. Empty 1/2 cup of beans into a bowl. Cover with 1-2 cups cool (65-70 degree) water. Stir beans up with your hand to assure even water contact. Soak 8-12 hours.
2. Pour soaked seeds into the Hemp Bag.
3. Rinse with cool water and drain well. *Rinsing is accomplished by running water over the beans for 15-30 seconds (you can not over rinse). You may open the top of the bag or run the water right through the bag's sides. Make sure they all get Rinsed thoroughly.* Drain the water by shaking your bag. Hang the bag in a low-light, room temperature location.
4. Rinse and Drain (repeat step 3) again approx. every 8-12 hours. *We prefer to grow tiny sprouts and so we rinse them once after their soak period and only once or twice more at 8-12 hour intervals.*
5. 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 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).

Note: Especially during dry times of year, you should Rinse/Drain 3-4 times daily so that your beans don't dry out.

Easy Sprout

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 our web site.

Happy Sprouting!!!