

Beanginner Sprouting Kit

Hemp Bag Sprouter & 1/2 lb. each of our most popular beans
Beanie's Awesome, Garbanzo, Mung, Pea Carnival, Peasant Mix, San Francisco Mix

Directions for an 8 ounce crop:

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.

* For recipes visit: www.sproutpeople.com/cookery.html