

# Seed Sprouts



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## Vegetable

Suggested varieties: *Alfalfa, Aduki Bean, Cress, Fenugreek, Mung Bean, Mustard, Radish*

### PLANT



Soak seed in tepid water overnight and rinse. Scatter seeds onto damp tissue paper in a shallow tray. Cover with polythene and place in the dark

### GROW



Rinse sprouts daily. Keep the tissue constantly moist, but not too wet as the seeds may rot. Drain any free water from the tray. Remove polythene as needed

### EAT



Move into light to 'green' sprouts as needed, eg alfalfa, cress, fenugreek, mustard, and radish. Keep pale coloured sprouts ('forced') in the dark, eg mung beans and aduki beans

### Growing guide

Easy!

### Average time to harvest

1-2 weeks

### Equipment needed

Shallow tray, tissue paper

### Germination time

4-10 days

### Average plant size

5cm tall shoots or roots

### Family group to grow with

Not part of crop rotation None (long)

### Seed saving group

5 - Specialist or not applicable

### Key nutritional content

Mustard, cress: vit. A, vit. C, folate

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot