

Seed Sprouts

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

Vegetable

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 term crop)

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

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