

SAFETY INSTRUCTIONS

Follow these important steps to ensure your sprouts are safe to consume.

The surface of seeds can contain natural pathogens which can cause bacteria growth when grown incorrectly. Just as sprouts like to grow in warm humid climates, so do certain types of bacteria such as e-coli. For this reason, the NSW food authority recommends that at-risk groups including pregnant women, children under the age of five, people over the age of 70, or immunocompromised people do not consume sprouts. It should be noted that even in the most sanitary conditions, there is still a risk of bacteria growth in sprout jars.

In general you should avoid:

- ✗ Any sprout that is dark & smells musty.
- ✗ Any standing water in your sprout jar. *Bacteria love moist environments so make sure you allow all the water to drain from your sprouts.*
- ✗ Touching sprouts with unsanitised hands or tools while they are still growing. *If you really need to touch your sprouts while they're still growing, we recommend using a clean fork.*
- ✗ Eating uncooked sprouts if you are one of the at-risk groups identified above. *Steaming or sautéing your sprouts will help kill off any harmful bacteria that might be growing.*

If possible, use filtered water when rinsing sprouts. The cleaner the water the safer the product.

If you miss any of these steps or your sprouts look or smell a little strange, please dispose of them and start again.

LOOK OUT FOR Small, odorless, white hairs growing from your sprout roots - these are likely to be cilia hairs, which are totally harmless but are a sign that the roots are dehydrated. Soaking the sprouts in cool water for 15 minutes should get rid of them.

LOOK OUT FOR Dark growth with an unpleasant odor and slimy texture - this is likely to be mould. If your sprouts are mouldy, dispose of them and start a new batch.

URBAN
PLANT
GROWERS



SPEEDY SPROUTER

INSTRUCTION MANUAL



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INCLUDED PARTS

- 1L Glass Jar
- Stainless Steel Mesh Strainer Lid
- White Metal Drainage Stand
- Instruction Manual

HOW TO GROW SPROUTS

Read safety instructions on back page of manual before use.

1. Sanitise the seeds & jar - We want to make sure that the growing environment for sprouts is as clean as possible. There are two main ways you can clean your seeds to reduce this risk:

a. Pour 3% hydrogen peroxide (available at most chemists) into a saucepan, ensuring there is enough to cover all the seeds. Heat to 60° Celsius. Add your seeds to the Speedy Sprouter (check table on next page for advice on how many seeds to add), and pour in the hydrogen peroxide solution. Swirl the jar at 1-minute intervals for 10 minutes to achieve uniform treatment. Do not re-use the hydrogen peroxide solution as it will be less effective each time you use it. Drain the solution and proceed to step 2.

b. Soak the seeds to be sprouted, and the Speedy Sprouter jar in undiluted store-bought vinegar for 15 minutes. Ensure there is enough vinegar to cover all of the seeds. Drain the solution and proceed to step 2.

2. Rinse your seeds in running water for one minute, and then let the seeds **soak in water** (make sure there is at least 3cm of water above the seeds).

3. Seed shells & debris will rise to the top of the water - **skim off the fragments carefully.**

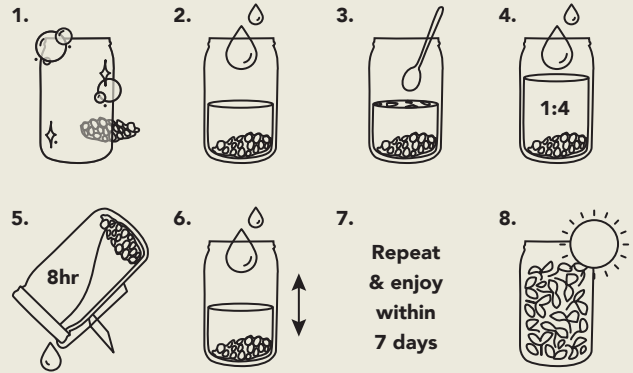
4. Submerge your seeds in water at a 1:4 ratio of seeds to water & let your seeds **soak overnight.**

5. Turn your Speedy Sprouter upside down & allow it to **drain for 8 hours** in a cool shaded place.

6. Rinse your seeds under cool running water & drain again. To reduce the risk of bacteria growth, you should rinse at least every 8 hours.

7. Repeat step 6 until your sprouts have grown to an adequate size. It is recommended that you **consume sprouts in less than 7 days** from the date you first soaked them.

8. Sprouts can be **placed in sunlight** on their final day of growth to develop their flavour & provide a richer, greener colour.



WHAT CAN I GROW?

- Broccoli
- Red cabbage
- Onion
- Peas
- Mung beans
- Fenugreek
- Kale
- Alfalfa
- ...and more!

HOW MANY SEEDS DO I ADD?

Use this table as a guide for the amount of seeds you need to grow a full Speedy Sprouter of sprouts.

Broccoli	2 tbsp.
Red cabbage	2 tbsp.
Onion	3 tbsp.
Peas	5 tbsp.
Mung beans	3 tbsp.
Fenugreek	3 tbsp.
Kale	2 tbsp.
Alfalfa	1 tbsp.