



Masontops[®]

SPROUTING GUIDE





When Masontops launched the Bean Screen Mason jar sprouting lid, naturally we wanted to use our exciting new product in our very own homes. Like everyone, we only want the best for our families: that's how we found Mumm's.

Mumm's Sprouting Seeds are organic, non-GMO and grown on a family farm in Canada. They're so good, we decided to carry them ourselves to complement our Bean Screen. After all, great seeds grow great sprouts. But how good are sprouts and how easy are they to make?

This guide will explain what sprouts are, the benefits of sprouting, how to sprout, and give you specific information on soaking times, growing times, and the yield and nutrients for your Mumm's Sprouting Seeds.

Sprouting at home is fun and rewarding. In fact, it's so rewarding that we know you'll want more. That's why on page 7 we offer an exclusive discount on Mumm's Seeds and the Bean Screen sprouting lid.

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WHAT ARE SPROUTS?

Sprouts are germinated seeds that have grown into very young plants. Many different types of seeds can be grown into sprouts, including vegetables, nuts, legumes, leafy greens, and grains.

Sprouts typically are harvested just as they begin to green and are less than two inches long. Although sprouts are commonly referred to as “bean sprouts,” beans are not the only seed that can be sprouted and many varieties of beans can be grown into sprouts. Popular types of sprouts include alfalfa, broccoli, and mung beans, but there are dozens—if not hundreds—of more options.



WHY GROW SPROUTS?

Delicious, healthy and fresh. Sprouts can be grown any time of the year in anyone's kitchen. It's an easy and fun way to bring gardening indoors and only requires a couple seconds of work each day. Growing your own sprouts gives you control over the seed combinations and the safety of your sprouts.

Sprouts are becoming increasingly popular as people become more health focused. Sprouts allow you to add specific vitamins to your diet. They're loaded with concentrated levels of vitamins and nutrients—they can make up for most daily nutrient recommendations! Refer to pages 5 and 6 to see the specific health benefits your seed type offers.

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Eat sprouts on their own or add them to sandwiches, wraps, salads, soups, stews, hummus, burgers, flatbreads, smoothies, sushi, poke and more!

HOW TO GROW SPROUTS AT HOME

Growing sprouts at home is easy and fun. The easiest way to grow sprouts is with a Bean Screen sprouting lid and any wide mouth Mason jar. Bean Screens stay on for every step of the process and have unique features that make sprouting fool proof. [Get your own Bean Screen here.](#)

Ready to get started? Here are some basic guidelines on how to sprout.



Choose the seeds you would like to sprout. Take **note of the yield and soaking time** as specified on the package, or refer to our "Handy Dandy Sprouting Guide" on pages 5 and 6.

[Need seeds? Click here.](#)

Select your sprouting device. We recommend using our Bean Screens for wide mouth Mason jars. They have unique features, like standing pegs and an inverted sprout, that streamlines the process. [Click here to purchase on Amazon.](#)



Add your seeds to your sprouting device and **soak them in water for about 10 minutes** and then drain them to wash away any residue. Cover them again with water and **let them soak again as specified for your seed type**: this could range anywhere from 2-8 hours.

After the seeds are done soaking, **drain them, rinse them, then drain again.** Remember: if you're using the Bean Screen, it can stay on for the entire sprouting process.



If you're using the Bean Screen, further drain water by simply **resting the jar upside-down on its standing pegs** for 15 minutes. If you're using another device, please follow their safety instructions for draining.

Lay your jar on its side for the growing process. Air will freely flow in and out of the jar through the Bean Screen and the faceted sides will stop it from rolling from the counter.



Continue to **rinse and drain your sprouts every morning and evening**, then leave them to grow. If the seeds/sprouts start to dry out, increase rinsing and draining. Always thoroughly drain water from the jar. Refer to your sprouting instructions or the following pages 5 and 6 for sprouting times.

Once your sprouts are grown, give them a final rinse and then swirl them around in a bowl of water to gently separate the hulls (this is optional).

Lay them out flat to dry. **Once completely dry, move them to an airtight container and store them in the fridge.** Sprouts can last up to 2 weeks or more in the fridge if properly stored.



HANDY DANDY SPROUTING GUIDE



	Name	Contains	Soak & Sprout Times	Yield	Vitamins & Nutrients
	Alfalfa	Pure Alfalfa	4-8 hrs to soak 4-5 days to sprout	1 tbsp seeds for 3-4 cups of sprouts	Vitamins C & B6, riboflavin, folic acid, protein, magnesium, phosphorus, zinc, copper, calcium, iron, and more. High in antioxidants and phytoestrogens.
	Anient Eastern Blend	Fenugreek, Lentils, Kamut, Adzuki	6-12 hrs to soak 3 days to sprout	1/2 cup seeds for 2 1/2 cup of sprouts	Vitamins C & B6, calcium, iron magnesium, folate, thiamin, iron, copper, protein, iron, and more.
	Broccoli	Pure Broccoli	2-3 hrs to soak 4-5 days to sprout	1 tbsp seeds for 1 cup of sprouts	Vitamins K, C, B6 & E, folate, fiber, potassium, and magnesium. Also contains sulforaphane, which prevents cancer and rejuvenates immunity.
	Broccoli Brassica Blend	Broccoli, Broccoli Raab, Radish, Mustard, Arugula	2-3 hrs to soak 4-5 days to sprout	1 tbsp seeds for 3-4 cups of sprouts	Vitamins K, C, E & B6, protein, amino acids, iron, calcium, fiber, and more. Also contains sulforaphane, which prevents cancer and rejuvenates immunity.
	Crimson Lentils	Pure Crimson Lentils	4-8 hrs to soak 2-3 days to sprout	1/2 cup seeds for 2 1/2 cups sprouts	Vitamins B & C, folate, manganese, thiamin, iron, phosphorus, and copper.
	Crunchy Bean Mix	Peas, Garbanzos, Lentils	6-8 hrs to soak 2-3 days to sprout	1/2 cup seeds for 1 cup sprouts	Vitamins A, B, C & E, calcium, iron, amino acid, folate, manganese, thiamin, phosphorus, copper, chlorophyll, and more.



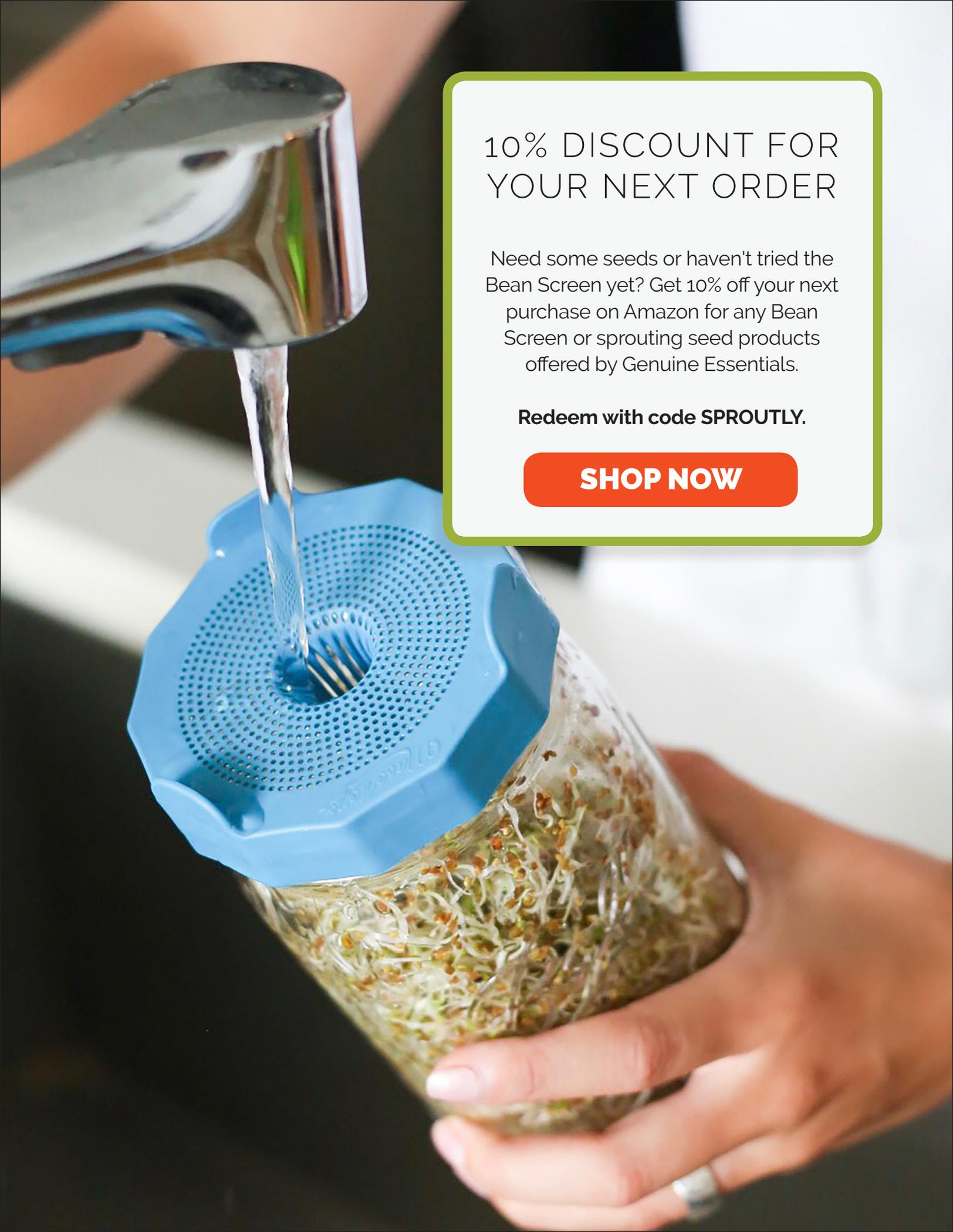
Get started with our Boosted Seed Sample Pack. Includes 12 Seed Types! [Shop here.](#)



	Name	Contains	Soak & Sprout Times	Yield	Vitamins & Nutrients
	Daikon Radish	Pure Daikon Radish	4-6 hrs to soak 4-5 days to sprout	1 tbsp seeds for 3-4 cups of sprouts	Vitamins A, B6 & C, calcium, iron, magnesium, phosphorus, potassium, zinc and more.
	Kaiware Radish	Pure Kaiware Radish	4-6 hrs to soak 4-5 days to sprout	1 tbsp seeds for 3-4 cup of sprouts	Vitamins A, B6 & C, calcium, iron, magnesium, phosphorus, potassium, zinc and more.
	Mung Beans	Pure Mung Beans	6-8 hrs to soak 2-3 days to sprout	1/2 cup seeds for 2 1/2 cups of sprouts	Vitamins B2, B3, B5, B6 & selenium, protein, fiber, folate, manganese, magnesium, phosphorus, iron, copper, potassium, and zinc.
	Red Clover	Pure Red Clover	4-8 hrs to soak 4-5 days to sprout	1 tbsp seeds for 3-4 cups of sprouts	Vitamins A, B, C, E, & K, and rich in minerals and trace elements.
	Sandwich Booster	Clover, Alfalfa, Radish, Mustard	4-8 hrs to soak 4-5 days to sprout	1 tbsp seeds for 3-4 cups of sprouts	Vitamins A, B, B6, C, E & K, riboflavin, folate, magnesium, copper, protein, calcium, iron, magnesium, potassium, copper, zinc, and many more.
	Spicy Lentil Crunch	Lentils, Red Clover, Alfalfa, Radish, Mustard	4-6 hrs to soak 4-5 days to sprout	1 tbsp seeds for 2-3 cups sprouts	Vitamins A, B, C, E & K, folate, manganese, thiamin, iron, copper, riboflavin, folate, zinc, copper, protein, pantothenic acid, calcium, protein, and more.
	Spring Salad	Broccoli, Radish, Red Clover, Alfalfa	2-3 hrs to soak 4-5 days to sprout	1 tbsp seeds for 2-3 cups sprouts	Vitamins A, B, B6, C, K & E, folate, fiber, potassium, calcium, folic acid, protein, magnesium, phosphorus, zinc, copper, calcium, iron, and more. High in antioxidants and contains cancer-preventing sulforaphane.

Get started with our Boosted Seed Sample Pack. Includes 12 Seed Types! [Shop here.](#)





10% DISCOUNT FOR YOUR NEXT ORDER

Need some seeds or haven't tried the Bean Screen yet? Get 10% off your next purchase on Amazon for any Bean Screen or sprouting seed products offered by Genuine Essentials.

Redeem with code **SPROUTLY**.

SHOP NOW