

# Seed Sprouting Instructions







A close-up photograph of a person's hand lifting the white lid of a clear plastic seed sprouter tray. The tray is filled with small, green, sprouting seeds. The background is a warm, blurred brown color.

*Botanical* INTERESTS<sup>®</sup>  
*Let us inspire and educate the gardener in you.*<sup>™</sup>

*Botanical* INTERESTS®  
**Seed Sprouter**



**Great reasons  
to grow your  
own sprouts:**

-  **Fresh** – Eat at the peak of flavor
-  **Fast** – Ready in days
-  **Easy to grow** – Just add water
-  **Nutritious** – Packed with vitamins, minerals, and other nutrients
-  **Economical** – Homegrown for a fraction of store price
-  **Variety** – Many different flavors to try



## We wanted our seed sprouter to work better.

Our unique and easy-to-use design lets you grow up to four varieties of sprouts at one time!

- 🌱 Use tray dividers for each tray or remove to grow a larger batch of one variety in each tray.
- 🌱 Multiple trays for starting seeds every few days for a continuous supply of fresh sprouts.
- 🌱 Designed to hold optimal moisture for sprout success.
- 🌱 Great for refrigerator storage.



## Sprouter Care

- 🌱 We recommend hand washing all pieces. Use warm, soapy water with a soft cloth, followed by rinsing with clean running water. Dry thoroughly.
- 🌱 Trays are not microwaveable.



## Growing Sprouts

1. **Wash all sprouter parts** with warm, soapy water and a soft cloth before first use.
2. **Although disinfecting our sprouts is not necessary**, if you choose to, visit our Learn & Grow article on [www.botanicalinterests.com](http://www.botanicalinterests.com) for suggested disinfection methods.
3. **Soak suggested amount of seeds in separate bowls** (see table on opposite page). Use enough water to cover the seeds about three times their depth and allow to soak about 8–12 hours, **then drain off water**.
4. **Insert tray divider** if desired.
5. **Spread seeds evenly in a single layer in the tray**. Seeds will expand when wet and will occupy approximately four times their initial volume.

6. **Stack additional growing tray if desired** and repeat steps four and five.







7. **Add water-diffusing lid** to top of tray.

8. **Rinsing at least twice daily with lots of water is the key to growing sprouts successfully!**

We recommend holding your seed trays with lid in place, over the kitchen sink **without the base** and running at least 6 cups of cool water through the water diffusing lid before replacing on the base to drain. Or, you can place your trays on the base and pour 2 cups of water at a time through the diffusing lid. **Empty base after each rinsing** (see image at left). Repeat three times for a total of 6 cups of water.



## General Rules and Tips for Sprouting

-  Rinse at least twice daily; drain.
-  Optimal temperature for sprouting is 70°F.
-  Do not cover lid; allow for air circulation.
-  Sprouts are edible in approximately 2-9 days.
-  If mold/mildew occurs (sometimes indicated by unpleasant odor), discard the batch of sprouts/seeds and start over after washing and sanitizing all sprouter parts.
-  Grow in indirect light. NOTE: Mung beans are best grown with minimal light for best flavor.

## Storing Sprouts

Your Botanical Interests Seed Sprouter is perfect for storing fresh sprouts in the refrigerator. Use sprouts while at their peak of freshness.

## Sprouter Seed Measurements

Variety	Seed Amount (per 1 tray)	Sprouts Yield	Approximate Days to Harvest	Harvest when...
Adzuki Bean	1/3 cup (entire packet)	1 cup	4-6	After soaking, with or without an emerging root
Alfalfa	1 Tablespoon	4 1/2 cups	4-6	When leaves turn green
Bean Mix	1/3 cup (entire packet)	1/2 cup	4-6	After soaking, with or without an emerging root
Broccoli	1 Tablespoon	1 cup	6-9	When leaves turn green
'China Rose' Radish	1 Tbsp + 1 tsp	4 cups	4-6	When leaves turn green
Fenugreek	1 Tablespoon	1/2 cup	2-4	When roots are 1/2"-1"
Garbanzo	1/3 cup (entire packet)	3/4 cup	4-6	After soaking, with or without an emerging root
Mung Bean	2 Tablespoons	1 1/4 cups	4-6	When roots are up to 1"
Purple Kohlrabi	2 1/2 teaspoons	1 cup	6-8	When leaves turn green
Red Clover	2 teaspoons	1 1/4 cups	5-7	When leaves turn green
Salad Mix	1 Tbsp + 1 tsp	3 cups	5-7	When leaves turn green
Sandwich Mix	1 Tbsp + 1 tsp	3 1/2 cups	4-6	When leaves turn green

# Healthful Ways to Eat Your Sprouts

Enjoy healthful and nutritious sprouts at home any time of year. Sprouts are delicious in your favorite salads, soups, and sandwiches. Here are just a few more ways to enjoy your homegrown sprouts.

## Apple Jicama Slaw with Fresh Sprouts

4 medium-sized firm apples (Gala, Granny Smith, or Crispin work well)	1/2 c mayonnaise
1 large jicama	1/2 c sour cream
1/2 bunch of cilantro, finely chopped	1 1/2 Tbsp sugar or other sweetener
2 c mung bean or fenugreek sprouts	Zest of 1 lime
4 scallions, finely chopped	Juice of 1 lime
	Salt and pepper

**Directions:** Peel the apples and jicama, then grate or julienne into matchsticks. Toss the cilantro, sprouts, and scallions with the apples and jicama. Whisk together the mayonnaise, sour cream, sugar, lime zest, and lime juice. Pour the mixture over the apple-jicama mix and stir until well coated. Add salt and pepper to taste. Serve well chilled. Serves about 8.

## Asian Lettuce Wraps with Ginger Sesame Dressing

<i>Filling:</i>	<i>Dressing:</i>
1 c radish or broccoli sprouts	3 cloves garlic, minced
1/2 large red sweet pepper, sliced thin	2 Tbsp fresh ginger root, minced
1 carrot, grated or cut into matchsticks	3 Tbsp honey
1-2 Tbsp cilantro, finely chopped	3/4 c olive oil
1/2 cucumber, cut into matchsticks	1/3 c rice vinegar
1 c shredded Chinese cabbage	1/2 c soy sauce
1-2 heads of 'Buttercrunch' or other bibb lettuce	2 Tbsp sesame oil

**Directions:** Toss together sprouts, pepper, carrot, cilantro, cucumber, and Chinese cabbage. Mix together the dressing ingredients until well combined. Add the desired amount of dressing. Remove whole leaves from the lettuce head, rinse well, and pat dry with a clean cloth. Fill individual leaves with about 1/2 cup of the filling. Serve with optional hot pepper flakes or a squeeze of lime. Serves 8.

## Bacon, Sprout, and Tomato Sandwich with Avocado Aioli

- 1/2 ripe avocado
- 1-2 Tbsp mayonnaise
- 1/2 tsp lemon juice
- 1/4 tsp smoked paprika
- Garlic powder, salt, and pepper to taste
- 2 large slices of thick cut crusty bread, toasted
- 3 strips of hickory smoked bacon, cooked until crisp
- 1/3 c Sandwich Mix sprouts or alfalfa sprouts
- 1 slice of heirloom tomato

**Directions:** Blend avocado, mayonnaise, lemon juice, paprika, garlic powder, salt, and pepper until smooth to create the aioli. Spread aioli generously on each piece of toasted bread. Layer on the bacon, sprouts, and tomato. Serve with rutabaga fries and a beer or your favorite refreshing beverage.



## Asian Noodle Bowl

*Sauce:*

- 2 Tbsp peanut butter
- 1 Tbsp soy sauce
- 1 Tbsp honey
- 2 tsp sesame oil
- 2 tsp lime juice
- 1/2 tsp powdered ginger
- 1/8 tsp chili powder or cayenne pepper

*Noodles:*


- 2 c cooked soba noodles
- 2/3 c Bean Mix sprouts
- 1/3 c chopped peanuts
- 1 Tbsp chopped cilantro
- 1 tsp black sesame seeds

**Directions:** Make sauce by mixing the ingredients in a small pan on low heat until warm and thoroughly blended. Put noodles in a bowl, top with sprouts, nuts, cilantro and sesame seeds. Pour sauce over top. Serves two.




*Botanical Interests Sprouting Seeds  
are available at your favorite garden  
center, specialty grocer, or online at  
[www.botanicalinterests.com](http://www.botanicalinterests.com)*


**Certified Organic Sprouting Seeds:**


 Adzuki Bean


 Alfalfa


 Bean Mix


 Broccoli


 'China Rose' Radish


 Fenugreek


 Garbanzo

 Mung Bean

 Purple Kohlrabi

 Red Clover

 Salad Mix

 Sandwich Mix



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