



Once the leaves start to show, you can regulate the temperature and light by partially or completely removing the cover. For alfalfa, clover, radish, broccoli, this is on or after day 5.

Seed: How Much makes How Much?

The smallest seeds take 2-3 tablespoons per quadrant on the black seedling tray. The larger seeds use about 2 tablespoons per quadrant. Layout the seeds so they are approximately one layer thick. One pound of small seeds such as alfalfa can yield 10 pounds of alfalfa greens. You can grow more or less depending on your appetite!



*Good seeds (right) vs. Bad seeds (left)
Quality seed makes a big difference.*

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—Sproutman, Steve Meyerowitz,
author of *Sprouts, The Miracle Food*

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Hand Watering The Freshlife Sprouter

by Steve Meyerowitz, Sproutman

In the Box You Get: a growing barrel, a cover, two black seedling trays, and these instructions. Note: The hole in the bottom of the tray is designed for the automatic watering Freshlife. You can upgrade this unit to an automatic if you desire or you can double stack this unit by ordering an extra level.

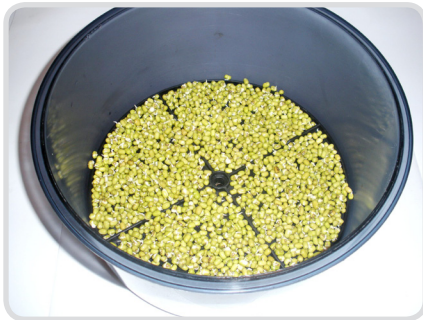
What you Need To Do This: A faucet sprayer that makes a shower like spray; a plate or saucer to place under your sprouter to catch any drops of water; the attentiveness of a mindful gardener.



Above are samples of faucet spray adaptors. You either have something like this built in or buy the screw in adaptors from the hardware store. They spray the sprouts with a gentle shower.



First soak your seeds overnight or for 8 hours. Place the barrel with the black tray inserted smooth side up in the sink and pour the soaked seeds onto the black tray. Cover the tray with seeds but only one level thick.



Smooth the seeds out evenly by hand or with the help of the faucet sprayer. Try to level them and only one layer thick. For the first 3 days, cover them with the top black tray and water them thru the black tray. Eliminate the top black tray only after roots lock into the floor or when the sprouts start to protrude through the top tray.



Rinse TWICE per Day. Use your spray to “shower” the young sprouts. Once the roots are locked in, you can drench the sprouts by setting the barrel in a large pot or saucer. Tilt the barrel for more efficient draining. Or set it temporarily in your dish or dishwasher rack.



After each rinse and drain, put the top cover on and place the sprouter on a plate or saucer to contain any dripping water. Water stops dripping after about 10 minutes.

VARIETY	#GROW DAYS	AMOUNT	SKILL LEVEL
Broccoli	6	6 Tbsp	Medium
Radish	6	6 Tbsp	Easy
Mung	6	8 Tbsp	Easy
Alfalfa	7	6 Tbsp	Easy
Clover	7	6 Tbsp	Easy
Pea Shoots	8-10	8 Tbsp	Medium
Buckwheat	8-10	8 Tbsp	Difficult
Fenugreek	8-10	6 Tbsp	Easy
Sunflower	8-10	8 Tbsp	Difficult
Wheatgrass	12	8 Tbsp	Difficult
Garlic Chives	14	6 Tbsp	Difficult
Onion Chives	14	6 Tbsp	Difficult
Barley Grass	12	8 Tbsp	Difficult
Cabbage	6	6 Tbsp	Medium
Kale	6	6 Tbsp	Medium



Place the barrel on a plate to contain any dripping.

If you have long roots such as from micro-greens, placing the cover on the bottom provides better protection for them. This works out well because by the time the roots are this long, the tops also need more light and air.

