

SproutChart™

BASIC SPROUTING THIS SIDE

OTHER SIDE MIXED SPROUTING

SEED	METHOD ¹	AMOUNT ² TUBE/JAR	SOAK HOURS	TEMP °F	RINSES PER DAY	DAYS	G ³	HARVEST INCHES	USES ⁴
ADUKI BEAN	AB	½ cup	5-10	65-85	3-5	2-4		½-1½	acdgiw
ALFALFA	ABC	2 tbsp	3-6	60-85	2-3	4-6	G	1½-2	achilv
ALMOND ⁵	ABD	2 cups	10-12	70-85	2-3	0-2		0-⅛	aghlpqtx
BARLEY ⁵	AB	1½ cups	6-10	68-80	2-3	1-2		0-¼	acp
BUCKWHEAT	AB	1 cup	¼ ⁷	60-85	2-3 ⁷	2-3		¼-½	aij
Unhulled	E	—	8-14	65-80	—	8-15		4½-6	b
CABBAGE	AB	3 tbsp	4-8	60-85	2-3	3-5	G	1-1½	aily
Chinese	AB	3 tbsp	3-6	65-85	2-3	4-5	G	1-1½	aily
CHIA	F	—	—	65-85	—	3-5	G	1-1½	aj
CLOVER ⁶	ABC	2 tbsp	3-6	60-85	2-3	4-6	G	1½-2	acilp
CORN	AB	1½ cups	10-14	68-85	2-3	2-3		¼-⅓	dfimpqz
Popcorn	AB	1½ cups	10-14	68-85	2-3	2-3		¼-½	cdl
CRESS	F	—	—	50-72	—	4-5	G	1-1½	aiknp
FENUGREEK	ABE	¼ cup	4-8	65-85	2	3-6	G	1-2	acdgmw
FLAX	F	—	—	65-80	—	0-5	G	1-1½	ah
GARBANZO BEAN	AB	1 cup	8-12	68-85	3-4	2-4		½	amo
KIDNEY BEAN	AB	¾ cup	8-12	68-85	3-4	2-4		½-1	clm
LENTIL	AB	¾ cup	5-8	60-85	2-3	2-4		¼-1	acglmptuw
LETTUCE	ABE	3 tbsp	3-6	65-85	2-3	4-5		1-1½	k
MILLET ⁵	AB	1½ cups	5-7	70-80	2-3	1-2		0-⅛	acipq
MUNG BEAN	AB	⅓ cup	5-10	68-85	3-5	3-5		1-3	adghilw
MUSTARD	ABE	3 tbsp	4-6	65-85	2-3	4-5	G	1-1½	aijls
OAT ⁵	ABD	1½ cups	3-5	68-80	1-2	1-2		0-¼	acglpqz
PEA	ABE	2 cups	7-10	50-72	2-3	2-3		¼-½	acglu
PEANUT	AB	1 cup	8-12	68-85	2-3	3-5		¼-¾	dlim
PINTO BEAN	AB	¾ cup	8-12	68-85	3-4	3-4		½-1¼	cmo
PSYLLIUM	F	—	—	65-80	—	4-5	G	¾-1½	hj
PUMPKIN ⁵	AB	1½ cups	4-6	65-85	2	0-2		0-⅛	rtu
QUINOA	AB	⅓ cup	2-4	55-80	2-3	1-4	G	¼-1¼	afq
RADISH	ABE	3 tbsp	4-8	60-85	2-3	4-5	G	1-2	ailnv
RICE ⁵	AB	1½ cups	12-15	55-80	2-3	1-3		0-⅛	lr
RYE	ABE	1 cup	6-10	50-72	2	2-3		¼-½	alpqz
SESAME	AB	2 cups	6-8	68-80	3-4	2-3		⅛	acpqtuvx
SOY BEAN	AB	¾ cup	4-8	65-85	3-4	3-4		½-2	aclmprw
SPINACH	ABE	3 tbsp	4-6	65-85	2-3	3-6	G	1-2	aj
SUNFLOWER	AB	1 cup	2-4	60-80	2	0-4		0-1	alpqtv
Unhulled	E	—	10-14	60-80	—	8-15	G	3½-6	as
TRITICALE	ABE	1 cup	6-10	60-80	2	2-3		¼-½	alpqxz
TURNIP	ABE	3 tbsp	4-8	65-85	2-3	3-5	G	1-1½	ai
WHEAT	ABE	1 cup	6-10	55-80	2	2-3		¼-½	alpqsz

KEY 1. A=The Tube® or quart jar; B=bag; C=tray; D=towel; E=soil; F=clay. 2. The Tube® uses just over half amount shown. 3. "Green" in direct light on last day for chlorophyll. 4. a=salads; b=salads (lettuce substitutes); c=casseroles; d=stir-fried; e=baked goods (harvest in 2 days); f=baked; g=loaves; h=blend in drinks; i=sandwiches; j=garnish; k=garnish (strong flavor); l=soups; m=steamed; n=as spice (hot!); o=dip base; p=breads; q=cereals; r=baked dishes; s=juicing; t=saucers; u=dips; v=dressings; w=Oriental dishes; x=desserts; y=cole slaw; z=granola. 5. Viable seed not readily available; use even if no shoot appears. 6. Crimson clover is by far best. 7. Soak *no longer* than 15 minutes, then rinse *hourly* for 4 hrs, then rinse 2-3 times daily.

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free PDF at: www.markbraunstein.org/booksproutgarden.htm
courtesy of Sprouting Publications

SEEDS & PERCENTAGES ¹	HARVEST DAYS	AMOUNT ² QT. JAR
ALFALFA		
80% alfalfa, 10% fenugreek, 10% radish	4-6	3 tbsp
70% alfalfa, 20% fenugreek, 10% cabbage	4-6	3½ tbsp
70% alfalfa, 20% mung bean, 10% fenugreek	4-6	4 tbsp
70% alfalfa, 25% crimson clover, 5% red or yellow clover	4-6	3 tbsp
50% alfalfa, 30% crimson clover, 15% cabbage, 5% mustard	4-6	4 tbsp
50% alfalfa, 40% crimson clover, 10% mustard	4-6	3 tbsp
20% alfalfa, 70% crimson clover, 10% radish	4-6	3½ tbsp
20% alfalfa, 60% crimson clover, 20% lentil	4-6	4 tbsp
GARBANZO BEAN		
60% garbanzo bean ³ , 30% soy bean, 10% peanut	3-4	¼ cup
50% garbanzo bean ³ , 30% lentil, 20% aduki bean	3-4	¼ cup
LENTIL		
50% lentil, 50% pea	2-3	1¼ cups
40% lentil, 30% wheat ⁴ , 30% sunflower ⁵	2-3	¾ cup
MUNG BEAN		
50% mung bean, 40% lentil, 10% fenugreek	3-4	¾ cup
50% mung bean, 25% lentil, 25% peanut	3-4	¾ cup
40% mung bean, 20% aduki bean, 20% lentil, 20% garbanzo bean	3-4	¾ cup
OAT		
50% oat, 25% sunflower ⁵ , 25% pumpkin	17	1½ cups
PEA		
70% pea, 20% wheat ⁴ , 10% buckwheat ⁶	2-3	1½ cups
50% pea, 25% lentil, 25% sunflower ⁵	2-3	1 cup
25% pea, 25% sunflower ⁵ , 25% wheat ⁴ , 25% lentil	3	1 cup
PUMPKIN		
% pumpkin, 30% sunflower ⁵ , 20% sesame	17	1½ cups
SOY BEAN		
50% soy bean ³ , 30% kidney bean, 20% mung bean	3-4	¾ cup
SUNFLOWER		
75% sunflower ⁵ , 25% lentil	2-3	1 cup
75% sunflower ⁵ , 25% pea	2-3	1 cup
60% sunflower ⁵ , 20% wheat ⁴ , 20% pea	2-3	1½ cups
50% sunflower ⁵ , 20% almond, 20% pumpkin, 10% sesame	17	1½ cups
TRITICALE		
50% triticale, 50% sunflower ⁵	2	1 cup
40% triticale, 30% sunflower ⁵ , 30% lentil	2-3	1 cup
WHEAT		
50% wheat ⁴ , 30% rye, 20% buckwheat ⁶	2	1 cup
50% wheat ⁴ , 40% pea, 10% buckwheat ⁶	2	1 cup

KEY 1. In general, soak alfalfa mixes 6-8 hours, others 8-12 hours. 2. The Tube® uses just over half amount shown. 3. Large bean sprout mixes are best lightly steamed or in soups and casseroles; eat raw large bean sprouts in small amounts. 4. Or raw hulled buckwheat. 5. Hulled: remove broken, shriveled and discolored seed. 6. Use light green wheat instead of hard red. 7. Many seeds in these combinations will not actually sprout, but the combinations are tasty and nutritious.

BASIC INFORMATION

You'll get best results with organic seed, soaking and rinsing in pure water, and giving sprouts plenty of air. Sprouting bags offer the best conditions, but open-ended rinsing tubes are most convenient. Jars open at one end don't offer enough ventilation! All methods (bag, The Tube®, jar, tray, clay, soil, colander, towel) are discussed in detail in *SproutGuide™*. Sprouts are best raw. Store mature sprouts in an airtight jar in the fridge's crisper, and they'll stay fresh for a week.

CAUSES OF FAILURE

1. Chlorinated, impure, or warm tap water.
2. Lack of drainage.
3. Poor ventilation.
4. Unclean equipment.
5. Excessive heat or humidity.
6. Contaminated soil.
7. Bad seed.
8. Airborne bacteria and fungi.

TOO BUSY? TRAVELING? LAZY?

Then supplement your diet daily with high-quality green power foods like Super Blue Green™ Algae, Super Sprouts & Algae (organic freeze-dried wheat sprouts, *aphanizomenon flos-aquae*, and *dunaliella salina*), spirulina, chlorella, wheat grass (juice, tablets, powders), alfalfa and barley grass powders.

MAIL ORDER RESOURCES

Super Blue Green™ Algae, Super Sprouts & Algae, Multi-Pure™ water systems: Linden, Box 62, Ashland, OR 97520. 800 746-7413. *Seed, bag, recipes, wheat grass:* Green House, Box 1100, Gillingham, MA 01240. 413 628-8200. *The Tube® Sproutcase:* Box 1876, Corvallis, OR 97331. 503 364-1177. *Powdered wheat sprouts:* Mountain, Pleasant Valley Rd, Bloomfield, VT 05103. 800 258-8110. *Wheat grass:* Bob's Growers, Pines, Box 1107, Laramie, WY 82041. 800 642-PINE. *Barley grass powder:* Green Foods, 520 Maple Ave., Terrance, CA 95573. 213 318-6778.

ALFALFA BROUHAHA!

Debate over alfalfa's resident toxin, L-Canavanine, continues: one side says eating large amounts of alfalfa sprouts may suppress our immune systems; the other side says it ain't so! What do I do? Well, I don't eat large amounts of alfalfa sprouts for three reasons: 1. L-Canavanine. 2. Alfalfa is not in our diet except as sprouts — I've always wondered about that! 3. Mark Braunstein's sproutarian gerbils, eager to devour other sprouts, eschew alfalfa.

SproutChart™ \$3.95 unlaminated, \$7.50 laminated. *SproutGuide™* \$5.95 — a concise, easy to read and illustrated guide to all sprouting methods. Also covers wheat grass juicing, cool temperature sprouting, has plans for a D-I-Y jar/tube rack, and lots of tips.

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