

condensed from the book, *Sprout Garden*: Indoor Grower's Guide to Gourmet Sprouts

SEED	METHOD #1	AMOUNT #2	SOAK Hours	TEMP deg C	rinse /day	Days	HARVEST G#3	mm	USES #4
ADUKI BEAN	AB	120ml	5-10	18-30	3-5	2-4		12-37	acdgiw
ALFALFA	ABC	30ml	3-6	16-30	2-3	4-6	G	37-50	achilv
ALMOND#5	ABD	470ml	10-12	21-30	2-3	1-2		0-3	aghlpqtvx
BARLEY#5	AB	350ml	6-10	20-27	2-3	1-2		0-6	acp
BUCKWHEAT hulled	AB	235ml	1/4#7	16-30	2-3#7	2-3		12-25	aij
CABBAGE	AB	45ml	4-8	16-30	2-3	3-5	G	25-37	aily
Chinese	AB	45ml	3-6	18-30	2-3	4-5	G	25-37	aily
CHIA	F	-	-	18-30	-	3-5	G	25-37	aj
CLOVER#6	ABC	30ml	3-6	16-30	2-3	4-6	G	37-50	acilp
CORN	AB	350ml	10-14	20-30	2-3	2-3		6-12	dflmpqz
Popcorn	AB	350ml	10-14	20-30	2-3	2-3		6-12	cdl
CRESS	F	-	-	10-22	-	4-5	G	25-37	aiknp
FENUGREEK	ABE	60ml	4-8	18-30	2	3-6	G	25-50	acdgmw
FLAX	F	-	-	18-27	-	0-5	G	25-37	ah
GARBANZO BEAN	AB	235ml	8-12	20-30	3-4	2-4		12	amo
KIDNEY BEAN	AB	175ml	8-12	20-30	3-4	2-4		12-25	clm
LENTIL	AB	175ml	5-8	16-30	2-3	2-4		6-25	acglmptuw
LETTUCE	ABE	45ml	3-6	18-30	2-3	4-5		25-37	k
MILLET#5	AB	350ml	5-7	21-27	2-3	1-2		0-3	aclpq
MUNG BEAN	AB	80ml	5-10	20-30	3-5	3-5		25-75	adghilw
MUSTARD	ABE	45ml	4-6	18-30	2-3	4-5	G	25-37	aijls
OAT#5	ABD	350ml	3-5	20-27	1-2	1-2		0-6	acglpqrz
PEA	ABE	235ml	7-10	10-22	2-3	2-3		6-12	acglu
PEANUT	AB	235ml	8-12	20-30	2-3	3-5		6-20	dln
PINTO BEAN	AB	175ml	8-12	20-30	3-4	3-4		12-30	cmo
PSYLLIUM	F	-	-	18-27	-	4-5	G	20-37	hj
PUMPKIN	AB	350ml	4-6	18-30	2	0-2		0-3	rtu
QUINOA	AB	80ml	2-4	13-27	2-3	1-4	G	6-30	afq
RADISH	ABE	45ml	4-8	16-30	2-3	4-5	G	25-50	ailnv
RICE	AB	350ml	12-15	13-27	2-3	1-3		0-3	lr
RYE	ABE	235ml	6-10	10-22	2	2-3		6-12	alpqz
SESAME	AB	470ml	6-8	20-27	3-4	1-2		3	acpqtuvx
SOY BEAN	AB	175ml	4-8	18-30	3-4	3-4		12-50	aclmprw
SPINACH	ABE	45ml	4-6	18-30	2-3	3-6	G	25-50	aj
SUNFLOWER	AB	235ml	2-4	16-27	2	1-3		0-25	alpqtuv
Unhulled	E	-	10-14	16-27	-	8-15	G	90-150	as
TRITICALE	ABE	235ml	6-10	16-27	2	2-3		6-12	alpqxz
TURNIP	ABE	45ml	4-8	18-30	2-3	3-5	G	25-37	ai
WHEAT	ABE	235ml	6-10	13-27	2	2-3		6-12	alpqsxz

KEY 1. A=The Tube or liter jar B=bag C=tray D=towel E=soil F=clay. 2. Per liter jar. The Tube uses just over half the amount shown. 3. G="Green" in direct light on the last day for optimum chlorophyll development. 4. a=salads b=salads (excellent lettuce substitute) 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 a spice (very hot) o=base for dips p= breads q=cereals r=baked dishes s=juicing t=sauces u=dips v=dressings w=Oriental dishes x=desserts y=cole slaw z=granola. 5. Viable seed not readily available. May be used even if no shoot appears. 6. Crimson clover is by far the best. 7. Soak no longer than 15 minutes, then rise hourly for 4 hours, then rinse 2-3 times per day.