



Annual updates at:
www.MarkBraunstein.ORG

USA & Canada SOURCES for
Microgreens & Sprouts
SEEDS & NEEDS
by Mark Mathew Braunstein

2025 updated edition

This is the expanded and updated and clickable
SOURCES chapter of **SPROUT GARDEN**
& *RESOURCES* chapter of **MICROGREEN GARDEN**

ALL LINKS LIVE as of April 2025
Updated **2025** & posted at:

www.MarkBraunstein.Org/microgreen-garden
&
www.MarkBraunstein.Org/sprout-garden



While even the finest books on microgreens & sprouting go out-of-print, still more transitory are the companies that specialize in sprout and **microgreen** seeds and supplies.

Same here as in previous editions of this PDF, companies that stock other books on growing sprouts or microgreens but not *Microgreen Garden* are still listed here. **I list vendors solely on their merits.**

Nor do I accept any “affiliate marketing” from any of the websites listed here. If you click on links here and purchase from these vendors, I receive no compensation whatsoever. Again, I list vendors solely on their merits.

May your future be filled with sprouts and bountiful with microgreens!



Microgreens & Sprouts SEEDS & NEEDS from Garden Seed Suppliers

Mail order sources for **gardening and farming** seeds number in the hundreds, but only a handful offer **untreated** seeds in bulk quantities. For purposes of sprouts and **microgreens**, “untreated” (or “organically grown,” which by definition means also “untreated”) and “bulk” are the crucial criteria.

Unless their catalog states otherwise, gardening seeds are routinely treated with fungicides and sometimes insecticides. That poses little health risk to humans if the seed starts small, if the plant grows big, and if the growing season stretches long. For sprouts and **microgreens**, however, beware! (And even from untreated seeds, the sprouts of tomatoes, eggplant, and peppers are toxic.)

Cost is always a consideration. Small packets suffice for gardeners tending a single row all season long in their backyards, but for sprout folks that’s enough for only a single container for one cycle on a windowsill. So seek bulk quantities by the kilo or pound. That levels the planting field to few sources. Though not always organically grown, their seeds will expand your repertory into a preponderance of sprouts and **microgreens**.

Indeed, please pardon my professing my personal preferences, but I feel more confident purchasing seeds for **microgreens** from garden seeds sources rather than other sources, because despite the higher costs for documentation I value and appreciate printed statements of:

- 1) CULTIVAR name
- 2) DATE of harvest (rather than misleading Date of Packaging)
- 3) GERMINATION rate
- 4) ORGANIC certification
- 5) BOTANICAL name
- 6) COUNTRY of ORIGIN, if imported

I have not ordered from all the garden seed suppliers listed here. But if I did order from companies that did not list harvest dates or cultivar names in their catalogs or on their seed packets, I banished them from this list. Worse, one of them designated its dozen or more cultivars of single species as all ideal for microgreens, when only a few of their cultivars were, about which I speak from direct experience. So that company, too, has been banished from this list.



Johnny's Selected Seeds

955 Benton Av, Winslow, ME 04901

(877) 564-6697, (207) 861-3902

www.johnnyseeds.com

Seeds for sprouts and for **microgreens**, many organic, all in bulk quantities. In its other vegetable categories, unless noted with a "T" (for "Treated") in the order number, rest assured that all its seeds are untreated, but still you should specify that you want only untreated seeds. (Check coupon websites for free shipping offers)

Seeds (65 or more total !!!) for **microgreens** : <https://www.johnnyseeds.com/vegetables/microgreens/>

Seeds for sprouts at: <https://www.johnnyseeds.com/vegetables/sprouts/>

Seeds for shoots at: <https://www.johnnyseeds.com/vegetables/shoots/>

True Leaf Market

Salt Lake City, UT 84115

(801) 491-8700

www.trueleafmarket.com

A source for sprouts and **microgreens** seeds from 1 oz to 25 pounds (!), but few organic. While the seeds do NOT always list harvest date or germination rate as do most garden seed suppliers, my experience with their seeds has been satisfactory. The seeds are packaged in airtight plastic sleeves that are better than those from most garden seed suppliers, so you can refrigerate the seeds without the need to move them into glass jars. Also kits, soil and hydroponic growing supplies, LED grow lights, and books, including my own.

Seeds for **microgreens** at:

<https://www.trueleafmarket.com/collections/microgreens-kits-and-supplies>

Seeds for sprouts at: <https://www.trueleafmarket.com/collections/wholesale-sprouting-seed>

Microgreen Garden at:

www.trueleafmarket.com/collections/books-and-media-products/products/book-microgreen-garden

Sprout Garden at:

www.trueleafmarket.com/collections/books-and-media-products/products/sprout-garden-growers-guide-book-mark-braunstein

High Mowing Organic Seeds

76 Quarry Rd, Wolcott, VT 05680

(802) 472-6174

www.highmowingseeds.com

ALL ORGANIC (so all untreated) seeds, a variety nearly as great as Johnny's (above), but here (repeat!) ALL ORGANIC. Categories include sprouts, shoots, **microgreens** and "specialty" greens, plus the usual veggies, all in bulk quantities. Request or download its catalog.

Seeds for **microgreens** at: <https://www.highmowingseeds.com/vegetables/greens-micro.html>

Seeds for sprouts & shoots at: <https://www.highmowingseeds.com/vegetables/greens-sprouts-shoots.html>

West Coast Seeds

4930A Elliott St, Ladner, BC, CANADA, V4K 2Y1

(888) 804-8820

<https://www.westcoastseeds.com>

A valuable resource for our Canadian friends. Also, sprouters, seedling trays and heating mats.

Seeds for **microgreens** at: <https://www.westcoastseeds.com/collections/microgreens-seeds>

Seeds for sprouts at: <https://www.westcoastseeds.com/collections/sprouting>

Grow Organic (Peaceful Valley Farm Supply)

POB 2209, Grass Valley, CA 95945

(888) 784-1722

www.groworganic.com

Mostly organic seeds, sprouting seeds (from Mumm's of Canada), bulk seeds, and gardening supplies.

Mumm's Seeds for sprouts: <https://www.groworganic.com/collections/sprouting-seeds>

Cold frames and grow lights at: <https://www.groworganic.com/collections/plant-growing-supplies>

Todd's Seeds

46495 Humboldt Dr

Novi, MI 48377

(888) 246-5233

<https://seeds.toddsseeds.com>

Initially, Todd's listed germination rates and testing dates for its sprouting seeds, same as do most garden seed companies, but not sprout seed companies do. But it may no longer do so. Be aware that its categories for both sprouts and microgreens include seeds that are inappropriate for growing sprouts (basil) or microgreens (parsley, which requires 3 weeks just to begin to germinate).

Ignore its childish spin-the-wheel for discounts, for which I am considering deleting this listing.

Also offers the Easy Sprout sprouter and planting trays.

Seeds for sprouts at: <http://seeds.toddsseeds.com/wholesalesproutingseeds>

Seeds for microgreens at: <http://seeds.toddsseeds.com/microgreens>



ALSO worth noting:

Hart's Seeds – All seeds untreated and non-GMO, with a separate catalog listing for bulk at:

<http://hartseed.com/our-products/bulk-seeds/>

Harris Seeds – 8 sprout seeds, supplies, & 27 untreated microgreens seeds at:

<https://www.harriseseeds.com/collections/sprouts>

<https://www.harriseseeds.com/collections/micro-greens>

supplies at: <https://www.harriseseeds.com/collections/microgreens-supplies>

Mountain Rose Herbs – 7 sprout seeds & 1 blend: <https://mountainroseherbs.com/catalog/herbs-spices/organic-sprouting-seeds>

Starwest Botanicals – 10 sprout seeds: www.starwest-botanicals.com/category/organic-sprouting-seeds

Vermont Bean Seed Company – Beans, Beans, tons of Beans! www.vermontbean.com

Wheatgrass Greenhouse – www.wheatgrassgreenhouse.com & <https://my-site-103477-101585.square.site>

ALSO for our British and European friends

CN Seeds – 22 microgreen seeds & 12 sprout seeds, in UK: <http://www.cnseeds.co.uk>

Fresh Sprouts – 21 sprout & microgreen seeds in Denmark with an informative website: <https://freshsprouts.net>



Sprout & Microgreen SEEDS & NEEDS from SPROUT SEEDS SUPPLIERS

I should not tell you this (which means, I am going to go ahead and tell you this), but I purchase 95-percent of my sprouting seeds (and grains and beans) from the bulk bins of my two local natural food coops and one local health food store. I first buy a small sample to test its germination rate. If it meets my high standards, I return to the nearby store and buy a larger quantity. And my high standards are met 90-percent of the times.

Most sprout seed companies are family businesses owned by highly ethical people who do great good in the world.

While many other sprout seed companies have recently sprouted up, I do not know much about them, so omit them from my list. Others I suspect are NOT reputable, so omit them here, too. I mean the one or two who hype their seeds as higher in one single phytonutrient than any other company's seeds. Even if true, people with such reductionist mentalities are better off popping pills, not eating sprouts.

Like any mom and pop, the family businesses sincerely believe that their children are the smartest kids on the block ... and that their sprouting seeds are the best seeds available with the highest germination rates possible. I regret to have to tell you, dear reader, that like all proud parents they are filled with puffery. Most purchase their own stock from the same few sources, and compared to what I purchase from my two local food stores their seeds' germination rates are no better. And sometimes worse. I once mail-ordered obscure varieties I could not find in stores that were so obscure that no one else ever purchased them from the mail-order source, and so their stock was so old that the germination rates were low. One was far less than 50 percent, and another was 0 percent. And remember, this was a sprout seed company.

The one "sprout" seed (really a microgreen seed) seldom found in stores is unhulled black-oil sunflower. And sprout seed companies generally stock a variety of black oil sunflower that is better than those stocked by garden seed companies. Better because of their higher germination rate and because from many companies the seeds more thoroughly shuck off their shells. So I do mail order my black oil sunflower seeds for growing sunflower greens.

Many sprout seed companies test for the three major bacteria that can cause food-borne illness, so their seeds do offer an extra level of safety than found in grains and beans intended to be cooked for human consumption. While alfalfa has historically been the source of most food-borne illness in sprouts, I loathe and never grow alfalfa sprouts, so I personally am not concerned about food-borne illnesses from sprouts.

If you, however, are concerned about food-borne illness, and for the convenience of mail-order, then please do order your seeds from these fine companies:



Sproutpeople

All commerce is conducted through to its website.

www.sproutpeople.org

The most comprehensive book on sprouting is not a book. It is a website, sproutpeople.org. Edifying and extensive (at times TOO extensive!), its website also offers videos and several hundreds (100's!) of web pages of information on all aspects of sprouting beyond simply HOW TO, free to everyone.

Plus they sell everything you might need for sprouting except for the kitchen sink and except for books, so the reason I list Sproutpeople here first is obviously not because they sell my own books.

Free sprouting instructions at: <https://sproutpeople.org/growing-sprouts/sprouting-basics/>

In addition to their oodles & oodles of all OG sprouting seeds, seeds for **microgreens** are indexed at: <https://sproutpeople.org/seeds/microgreens>

Mumm's Sprouting Seeds

P.O. Box 80, Parkside, SK

Canada S0J 2A0 [these are number zeros, not letter O's]

(800) 263-4490

(306) 747-2935

www.sprouting.com

A good source of info on the web about HOW TO sprout at <https://sprouting.com/how-to-grow-sprouts/>

and HOW TO grow microgreens at <https://sprouting.com/how-to-grow-microgreens/>

Plus, of course, an extensive all OG seed list. <https://sprouting.com/product-category/seeds/all-seeds/>

Also books (including my own books), automatic sprouters, sprouting bags, jars and containers.

A supplier to other commercial sprouting companies and garden seed companies, Mumm's welcomes orders from home sprouting folks. USA customers: be sure first to click **United States** on the top menu bar, otherwise prices may be for Canada and quantities may be all metric.

Many of the books listed have been "out-of-stock" for several years, nevertheless:

Microgreen Garden at: <https://sprouting.com/product/microgreen-garden/>

and **Sprout Garden** at: <https://sprouting.com/product/sprout-garden/>

True Leaf Market

Salt Lake City, UT 84115

(801) 491-8700

www.trueleafmarket.com

A source for sprouts and **microgreens** seeds from 1 oz to 25 pounds (!), but few organic. While the seeds do NOT always list harvest date or germination rate as do most garden seed suppliers, my experience with their seeds has been satisfactory. The seeds are packaged in airtight plastic sleeves that are better than those from most garden seed suppliers, so you can refrigerate the seeds without the need to move them into glass jars. Also kits, soil and hydroponic growing supplies, LED grow lights, automatic sprouters, sprouting jars, jar lids and screens, and containers, including one called Sprout Garden (with no connection to my book whose title preceded the container by ten years). The Sprout Garden sprouting device is based upon the same ventilation principles of Sproutamo's Easy Sprout, but unlike Easy Sprout this is a tray sprouter, so ideal for greening leafy sprouts such as clover, alfalfa, radish, mustard, and broccoli. I recommend its Sprout Garden as an excellent tray sprouter for greening radish sprouts and mustard sprouts. (I prefer to grow broccoli on soil as a microgreen, and do not like so never grow clover or alfalfa sprouts.) Be assured I have no affiliation with nor receive any compensation from this company, which only in 2013 began carrying my books.

Seeds for **microgreens** at: www.trueleafmarket.com/collections/microgreens-kits-and-supplies

Seeds for sprouts at: <https://www.trueleafmarket.com/collections/wholesale-sprouting-seed>

Microgreen Garden at:

www.trueleafmarket.com/collections/books-and-media-products/products/book-microgreen-garden

Sprout Garden at:

www.trueleafmarket.com/collections/books-and-media-products/products/sprout-garden-growers-guide-book-mark-braunstein

Sproutman / Sprout Brothers

All commerce is conducted through to its website.

(800) SPROUT1

www.SproutMan.com

All OG Seeds, wheatgrass juicers, automatic sprouters, sprouting bags and containers, books by Steve Meyerowitz, the works! (Am aghast to see the Freshlife Automatic Sprouter still for sale here. That sprouter has been cited by others as a potential breeding ground for bacteria and is NOT automatic, as you need to change the water daily.)

Seeds at: <https://sproutman.com/collections/organic-sprouting-seeds/Organic-Sprouting-Seeds>

SunGarden (formerly called International Specialty Supply)

1011 Volunteer Dr, Cookeville, TN 38501

(931) 400-2710

www.sproutnet.com

The major supplier of equipment, supplies, and seeds to commercial sprouting companies, including internationally.

Retail sales of seeds only at LARGE minimums, and you must phone them for prices and further info. Its website is difficult to navigate, so here are its seeds for **microgreens** and sprouts: <https://sproutnet.com/our-seeds/>

The Sprout House

81 West St

Attleboro, MA 02703

(800) SPROUTS

info@sprouthouse.com

www.SproutHouse.com

All OG Seeds.

22 seeds for sprouts: <https://sprouthouse.com/product-category/sprouting-seeds/>

7 seeds for microgreens: <https://sprouthouse.com/product-category/microgreen-seeds/>

Also many mixes. Only seeds, except for costly sprouting lids no longer any equipment as in the past. Its only book, one of questionable content, has one single chapter on sprouting!?!?! Buy their seeds, but not this book.

Worth noting briefly:

Nature Jim's Seeds – 7 seeds & 2 mixes. All organic (except for mung) seeds for sprouts:

www.naturejims.com

Got Sprouts

All-organic seeds, 18 in all: <https://www.gotsprouts.com/got-seeds.html>

While many other sprout seed companies have recently sprouted up, I do not know much about them, so omit them from my list. Others I strongly suspect are NOT reputable, so omit them here, too.



Sprout & **Microgreen** SEEDS & NEEDS from **Natural Foods Distributors**

Most seeds from your local natural foods store are intended for cooking and eating, not necessarily soaking and sprouting. Consequently, due to advanced age or poor storage, viability can be inconsistent. Among mail order distributors of **natural and organic foods**, these four are the most attentive to the needs of fastidious sprout folks, in many cases providing sprout-worthy foods not stocked by other sources. Many seeds suitable for **microgreens** are available but not indexed separately. When searching their websites, be sure to click *Beans* (or *Legumes*) and *Grains* in addition to *Seeds*. Some also offer books, sprouting bags, jar lids and screens.

Jaffe Brothers Natural Foods

105 Copperwood Way, Suite F
Oceanside, CA 92058
(760) 749-1133

www.organicfruitsandnuts.com

Good for hard-to-find items, and dependable sprouting seeds.

Seeds at: <http://organicfruitsandnuts.com/organicseeds.html>

Beans at: www.organicfruitsandnuts.com/orpeandbe.html

Grains at: www.organicfruitsandnuts.com/organicgrain.html

My book **SPROUT GARDEN**: <http://organicfruitsandnuts.com/22009.html>

Natural Zing

POB 749, Mount Airy, MD 21771
(888) RAW-ZING, (301) 703-4116

www.naturalzing.com

Sprout seeds & needs at <https://naturalzing.com/collections/sprouting-seeds>

More seeds at: <https://naturalzing.com/collections/nuts-and-seeds>

Sun Organic Farm

411 S. Los Posas RD, San Marcos, CA 92078
(888) 269-9888, (760) 510-8077

www.sunorganic.com

Seeds at: <https://www.sunorganicfarm.com/category/organic-seed.html>

Beans at: <https://www.sunorganicfarm.com/category/organic-bean-pea-lentil.html>

Grains at: <https://www.sunorganicfarm.com/category/organic-grains-quinoa.html>

Shiloh Farms

191 Commerce Dr, New Holland, PA 17557
(800) 362-6832

www.shilohfarms.com

Seeds, beans, and grains with consistently high germination rates, though none are marketed specifically for sprouting.

Their packaged seeds often can be found in health food stores, so are a dependable source for sprouting seeds in the brick-and-mortar marketplace. Note to vegans: unlike all other food companies listed here, Shiloh Farms also sells dead animals.

Beans at: www.shilohfarms.com/categories/Legumes

Grains and Seeds at: www.shilohfarms.com/categories/Grains

Sprouted flours & sprouted prepared foods at: <http://www.shilohfarms.com/categories/Sprouted>



Sprouting Containers & Jar Top Lids

“Traditional” Plastic Sprouting Lids

The wide-mouth canning jar, available locally, is a basic do-it-yourself sprouting container better than many commercial ones. Mason and Ball are the two major USA manufactures of canning jars, but any canning jar will suffice as long as it is wide-mouthed. The jar’s lid, however, does improve when made of plastic and can be ordered from most sprout companies.

“Newfangled” Plastic Sprouting Lids

A new plastic lid, like an attempt as a better mousetrap, was introduced on the marketplace in 2018. A feeble solution in search of a non-existent problem, it purports to prevent water from flowing off the top and onto the outsides of the jar when you fill the jar with water. If spills over the sides annoy you, you need only first remove the lid before filling the jar with water. (Duh!) But if that sounds like too much work for you, then this newfangled lid comes to the rescue.

Its one drawback is that despite their misleading different colors the fine-mesh of both lids in the 2-pack is identical, rather than fine, medium, and course, which is how the 3-packs of “traditional” plastic lids are sold. Yet, I use medium-mesh lids 95-percent of the time, rarely the fine-mesh. Its costs more than traditional plastic lids, but if you happen to be in the market for plastic lids, give these a try. But do not purchase these as an upgrade if you think of replacing the plastic lids that you already have been using. If you want to try them, go to: www.masontops.com/collections/sprouting-tools-accessories/products/bean-screen-bean-sprouting-lids-for-mason-jars

Sprouting Bags

Among many commercial sprouting containers, cloth bags, called “sprouting bags,” work well ONLY for beans, and are difficult to clean. Formerly made of linen (flax) and now from hemp (cannabis), sprouting bags can be ordered from most of the above sources. If you want to go on the cheap, try cotton bags from paint stores sold for filtering paint.

The Easy Sprout

Despite many commercial sprouting containers already available, new ones continue to be brought to market. Inventors and marketers apparently believe that the perfect sprouter does not yet exist. Still, Sproutamo’s long standing “Easy Sprout” works best for most, not all, types of sprouts. (True Leaf Market’s “Sprout Garden” sprouting device merits a very close second place.)

Easy Sprout truly is the easiest to use, and that includes easiest to clean, second only to Mason canning jars. Easy Sprout is this author’s own choice for bountiful big beans. (Be assured that I have no affiliation with Sproutamo, nor does Sproutamo recommend to its customers my books. I recommend “Easy Spout” solely on its merits.) The “Easy Sprout” was conceived by an engineer who attests its idea came to him in a dream.

Sproutamo

POB 17, Lake Mills, WI 53551

(920) 648-3853

<https://sproutamo.com>

“Easy Sprout” is available from the manufacturer with quantity discounts. Its website provides much information and many suggestions. Also available from Mumm’s, Sproutpeople, and elsewhere.



PUBLISHERS

Book Publishing Company / a/k/a Healthy Living Publications

<https://bookpubco.com>

Publisher or distributor of books by Viktoras Kulvinskis, Steve Meyerowitz, Brian Clement, and of this Seeds & Needs directory's author's own books **Sprout Garden** (in-print for 30 years from 1993 to 2023) and **Microgreen Garden**

Microgreen Garden at:

<https://www.bookpubco.com/the-book-publishing-company-store/p/microgreen-garden-indoor-growers-guide-to-gourmet-greens>

International Sprout Growers Association

www.isga-sprouts.org

Information for professional growers & the rest of us dreamers.

Articles at: <https://isga-sprouts.org/articles/>



HEALTH SPAS

Hippocrates Health Institute

www.hippocratesinst.org

Sprouting haven in FL & books by Brian Clement & sprouting supplies & publisher of the free magazine *Healing Our World*: <https://hippocratesinst.org/learning-centre/healing-our-world-magazine/>

Years ago, I had written many articles published in the magazine, but upon its installing a new editor and a new format with more shameless self-promotion, we amicably agreed to part ways. It no longer offers downloads of those older issues in which I published articles, but you can find most of them on my own website.

Sprouting seeds & supplies at: <https://store.hippocratesinst.org/collections/sprouting>

My book, **Sprout Garden**, at: <https://store.hippocrateswellness.org/collections/books/products/sprout-garden-indoor-growers-guide-to-gourmet-sprouts>

Ann Wigmore Natural Health Institute

www.annwigmore.org

Sprouting haven in Puerto Rico.



Related EQUIPMENT

10x20 inch plastic nursery flats are flimsy even when reinforced with boards underneath or when stacked one inside another. I wonder why any microgreen grower ever uses them unless they are able to leave them stationary and let the water drip to the floor. I never use them because they are bigger than can sit flat in my kitchen sink. And at 2 inches deep, they also are way much deeper than needed.

for an upgrade from flimsy standard and too-deep 10x20in nursery flats:

Paperpot Co. (dumb name!) offers a sturdy and shallower replacement for flimsy nursery flats. Smallest packs of 10, and with compatible solid tray for the bottom. 10x20in only.

www.paperpot.co/product/nursery-flats/
<https://paperpot.co/product/solid-bottom-flats/>

Bootstrap Farmer (excellent name!) offers an “extra strength” and shallow replacement. When purchased in packs of 10, sold at less than twice the price of cheap, flimsy nursery flats. Smallest packs of 2 (10-packs at less cost each), and YES with compatible solid trays for the bottom.

Also, they offer 10x10in shallow trays.

<https://www.bootstrapfarmer.com/collections/microgreen-products>

After years of experience, I now use **these 10x10in trays** for growing microgreens at home, sold in 10 packs:
<https://www.bootstrapfarmer.com/collections/microgreen-products/products/1010-shallow-trays>

Harris Seeds sells the above 10x20in stronger and shallow trays in packs of 5:

www.harriseseeds.com/collections/microgreens-supplies

Cafeteria (Fast Food) TRAYS – **Tiger Chef** offers a wide variety with quantity discounts and speedy shipping, of which the most durable (and most expensive, but worth it) are made of fiberglass. A handy Search feature allows you to limit your search by material (fiberglass, yay!) and by tray length or width, to fit its size to your sink:

www.tigerchef.com/search/fast-food-trays/

manual SPROUTING devices – **Urban Homemaker** offers 3 varieties

(it has discontinued stocking a so-called automatic sprouter that was a breeding ground for pathogens, yay for them!)

www.urbanhomemaker.com/productcart/pc/viewCategories.asp?idCategory=569



This is the expanded and updated and clickable
Resources link of my book **MICROGREEN GARDEN**

ALL LINKS LIVE as of January 2025

Updated for April 2025 & posted at:

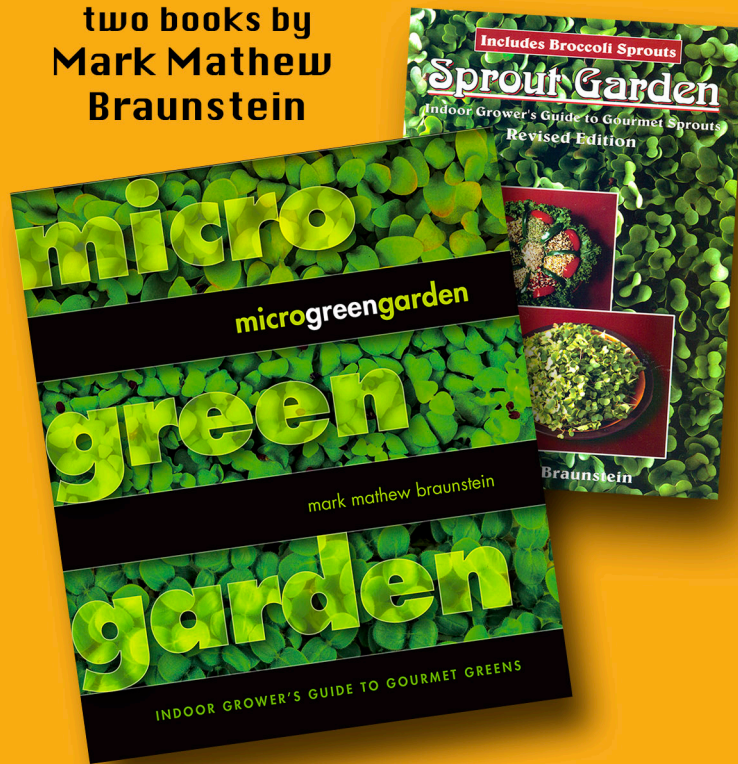
www.MarkBraunstein.Org/microgreen-garden

&

www.MarkBraunstein.Org/sprout-garden

Mark Mathew Braunstein
Quaker Hill, CT

two books by
Mark Mathew
Braunstein



free instructions, articles & charts at:

www.MarkBraunstein.Org