

HOW TO SPROUT!

Your kit includes:

5g organic broccoli seeds
20g organic mung beans
20g organic lentils
a piece of muslin
an elastic band



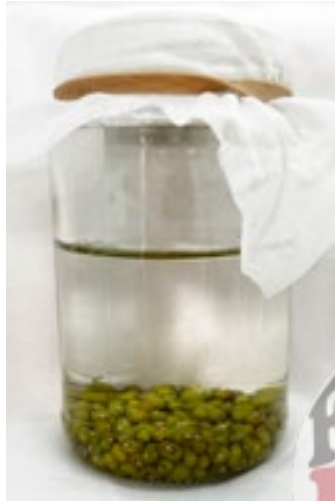
You will need to add:
a clean jar & water.

by
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STEP 1 – Day 1 afternoon or evening

Soak your beans

- a) Put your beans or seeds into your clean jam jar and add plenty of water.
- b) Cover the mouth of the jar with the muslin and fix the elastic band around the neck, to keep it in place.
This is to keep any flies out.
- c) Now leave them until tomorrow.



STEP 2 – Day 2 Morning

Drain, rinse and drain

- a) Leave the muslin on the jar and pour the water out of the jar, through the muslin.
- b) Take the elastic band off now & fill the jar with water.
- c) Give the jar a good swirl to rinse all the beans.
- d) Put the muslin and elastic band back on and drain all the water out.



- You just want the sprouts to be damp, not wet.**
You can even leave the jar tilting downwards, to keep draining. I use the jar lid to prop it up a bit.
- e) Leave until later today.

STEP 3 – Day 2 afternoon or evening

Rinse and drain again

You might notice that the seeds have split and started to grow.

- a) Drain all the water out of the jar
- b) Fill the jar with water again & give it a good swirl to rinse the beans.
- c) Drain the beans again, letting all the water flow out.



You just want the sprouts to be damp, not wet.

You can even leave the jar tilting downwards again, to keep draining.

- d) Leave until tomorrow morning.

STEP 4 – The next 3, 4 or 5 days, depending on the temperature

Rinse & Repeat!

Twice a day, morning and late afternoon, rinse & swirl your beans well, put the muslin back on the jar and drain off the water.

The muslin helps you to pour the water out without losing the beans & also keeps any flies out of the beans as they grow.

STEP 5 – When they look big enough or have leaves on them – day 3 in summer, 4 or 5 in winter.

Harvest Time

a) Give your beans a final rinse, pour the water out through the muslin.

b) Put a piece of clean cloth or kitchen roll in a bowl & tip your grown beans into the bowl.

They're ready to eat!

You can just eat them as they are, make a salad with them or cook them in a stir fry!



FAQ

Where should I keep my sprouts You can keep them on the kitchen worktop or in a cupboard. They don't need light but they do need a bit of air flow and to not get too hot. Once they have grown enough, you need to keep them in the fridge.

What kinds of beans can I sprout?

Any whole beans and lentils will sprout, as long as they haven't been split or polished. I prefer to buy organic ones that are sold specifically for sprouting, but you can try with some from your cupboard at home. Kidney, lima and broad beans will need to be cooked before eating.

Where can I find out more about sprouting?

You can follow Fresher Bites on YouTube & Instagram, where I have films of all the things I am sprouting!

