



# Sprouting Seeds

Sprouting seeds is an easy, quick way to grow a super nutritious food all year for salads, sandwiches, soups and stir-fries.

If you don't have a specific seed sprouting tray or jar that's ok, any glass jar will work, use a piece of muslin secured with an elastic band to cover the top and give everything a good clean to start with.

Sprinkle your seeds into your container.



Pour water over the seeds then let the water drain out. Do this twice a day.



Place the seed sprouter in a dark warm cupboard for 'white' sprouts and onto the windowsills for 'green' sprouts.

In approx 5-6 days they will be ready to eat, dependant on temperature.



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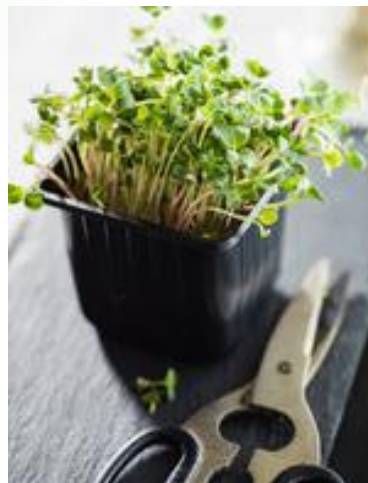


# Micro - Greens

## Micro-Greens

Use a small shallow seed tray or punnet with drainage holes and stand on a plate.

- Put a 2cm layer of dampened seed compost (peat free) or worm cast compost, in the bottom of the tray and sprinkle seeds evenly on the surface.
- Cover with a fine layer of compost.
- Place on a warm well lit windowsill.
- Keep moist at all times.
- Harvest when approx 2.5cm tall and first true leaves show.
- Cut with a scissors just above the compost.



We are funded by:

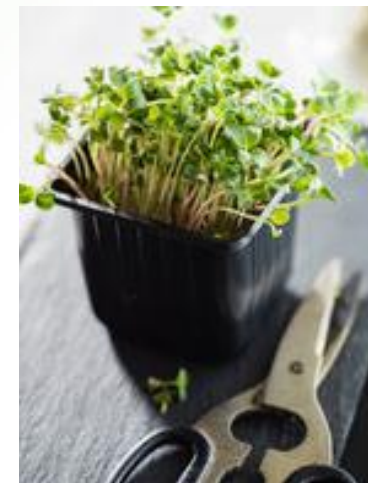


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