



The Guide for Growing Sprouts in a Clay Sprouter



We treat the sprouts as a living creature,
Be attentive to its needs, put some love in it,
It is the food we put into our body, food with love.

Sprouting instructions by seed types

| | Small seeds | Large seeds |
|--------------------------|--|--|
| Type of seed | Alfalfa, broccoli, radish, mustard, kale, soy, sunflower, amaranth/Japanese mustard, chia, arugula, garden cress, peas, fenugreek, coriander, and so on. | Lentils, mung beans, chickpeas, sunflower, peas, soy, adzuki beans, fenugreek, buckwheat, fava beans, quinoa, lupine, sesame, and so on |
| Amount of seeds | One crowded layer (there's a chart at the end with precise amounts to each sprouter) | Minimum: one crowded layer Maximum: up to half of the sprouters height (there's a chart at the end with precise amounts to each sprouter) |
| Soaking | 4 hours Sunflower seeds: overnight It is recommended to soak the sprouter in water as well | Overnight It is recommended to soak the sprouter in water as well |
| Transferring to sprouter | Transfer the seeds to the sprouter and flatten it to one layer Fill the bottom with water | Transfer the seeds to the bottom sprouter Its only for drainage |
| watering | Once or twice a day – depending on the weather and how you feel. Make sure to wet the body of the sprouter as well, so it will absorb some water as well. It is best to water using a low flow and not with a spray bottle. | |
| | Do not move while watering You can purchase a punched palette to prevent the seeds from moving (remove after 3 days) | If you move them around – you'll get curly sprouts If you don't – you'll get regular long sprouts |
| Light exposure | 3 days in the dark – covered After 3 days – remove the cover to let the light enter and keep watering | Darkness -covered |
| End of process | 5-8 days | 2-4 days |

Transfer to a box and place in the fridge. Can be kept for 10 days and up.

Growing sunflower seeds:

Sunflower seeds grow in every clay sprouter, but they'll grow best in a dedicated sprouter, with larger holes and a compression palette.

Amount of seeds: one crowded layer (until you can't see the bottom)

Soaking: overnight

Watering: once to twice a day (depending on the weather)

Do not move the seeds while watering.

- Make sure to wet the sprouter itself as well so it'll absorb some water.
- It's best to water with a low flow and not with a spray bottle.

It's best to purchase a special punched palette to prevent the seeds from moving and force the roots to grow downwards (remove after 3 days).

Also, the palette can turn the sprouter into a regular sprouter, to grow regular seeds. How? Place the palette on the bottom, so the larger holes will be hidden. On the palette you can grow all of the sprouts.

Light exposure: after 4 days remove the lid to expose the sprouts to light. If some seeds grew mold (infertile seeds), remove them so they won't infect the others.

Roots: some roots will grow white fuzz, but don't worry – it is not mold. Those are tiny capillary roots that suck the water from the sprouter.



Growing Baby Leaves or Tiny Seeds

Growing baby leaves from tiny seeds – amaranth, Japanese mustard, chia, arugula, basil – it is best to purchase organic coconut surface for growing seeds, that allows the seeds and baby leaves to grow. Wet the surface and place it in the bottom of the sprouter. Spread the seeds in a medium density, and water once or twice a day, as needed.



You need to remove the roots from the surface after use. It is recommended to soak it in a 80% water 20% vinegar solution once in a while.

Growing Garden Cress

The garden cress seeds require special treatment: like the flax or chia seeds, is a slimy seed so it needs more water. Therefore, the seeds stick to each other.

It is recommended to not soak the garden cress, but transfer the seeds to the sprouter, water them and immediately flatten them using a fork or a spoon, to create one dense layer.

The sprouts will become slimy and clog the holes. Therefore, while watering, flip the sprouter and drain the excess water.



Growing Chickpea Sprouts

The chickpea seeds are used to warmth and they ferment, so you need to change the water 2-3 times while soaking them and rinse. While watering then, mix them well under water stream. Spray bottle is not suitable for this cause.

In hot days, wet the sprouter itself, or transfer it to the fridge.



Q&A:

Can I use a spray bottle to water the seeds?

You can, but the water splinters are not absorbed enough in the sprouter. It is recommended to water under the tap, using a low flow or to gently water with a glass.

What do I do if some seeds fall through the holes?

While transferring the seeds to the sprouter, put your hand underneath to catch the fallen seeds. You can also turn the sprouter in a 45° angle. The seeds will gather at the bottom. Then align the sprouter again and flatten the seeds using a fork or a spoon.

Another option is to gently shake the sprouter in circular motions, so the seeds won't fall. Then again – flatten them for one layer.



Want an easier solution? Purchase an organic coconut surface and put it in the sprouter.

You could grow any seed on it!

Can I eat the sprouts raw?

It is best! Unless it's beans, soy, broad bean and peas. You need to cook, steam or stir fry.

How can I grow large amounts of seeds?

You can purchase a two or more levels sprouter and sprout on levels at once, or you can purchase a cube of coconut substrate and spread it on the surface, which on you can grow a large quantity of sprouts.

Can I grow wheatgrass in the sprouter?

You can. Just like growing any other sprout. However, if you want to grow a large amount for daily use, it is recommended to grow the wheatgrass on the growing surfaces with coconut substrate.

What do I do if white mold grew on the sprouts?

Don't worry, this isn't mold! these capillary roots that develop to suck the moisture produced by the sprouter. You can eat them or cut them off.



What do I do on very hot days?

Turn the sprouter lid over and pour in water or ice cubes. The water will slowly permeate into the sprouter and cool the sprouter down.

This is also a great method of slow watering for Sabbath keepers or you're gone for a few days.

Why do I need the punched palette?

For a few reasons:

- The pressure accelerates growth and forces the roots to descend through the holes to the bottom with the water.
- The palette keeps the seeds so they won't move during watering, which has a significant effect on the rate and manner of growth.
- Using the palette, you can turn the sunflower sprouter into a regular sprouter: Place the palette with the regular holes, at the bottom of the sunflower sprouter with the large holes, and thus you can grow regular seeds.



Cleaning the sprouter: once in a while, clean the holes using a toothpick.

When you're not using it – dry it off on the sun and let it be open and ventilated.

Washing: you can wash the sprouter using hot water and a sponge (no soap) and put in the sun to dry.

In extreme cases of mold:

You can use ecological soap and scrub well, rinse well and sundry.

Still got mold? Soaking in water with a little bit of baking soda, vinegar or hydrogen peroxide will destroy the mold, and then wash well.

It is not recommended to put the sprouter in the oven, nor the dishwasher.

Table of Seed Quantities and Sprouting Times

The amounts in the table are for medium sprouters – 19 cm.

For small sprouters (13 cm) – halve the amounts.

For large sprouters (23 cm) – double the amounts.



**Make sure to keep the seeds in a cold and dark place,
or in the fridge.**

| The seed | Amount per 19cm sprouter | Soaking time | Sprouting time | remarks |
|--|--------------------------|-------------------|----------------|--|
| Alfalfa, broccoli, radish, mustard, kale, soy, sunflower, amaranth/Japanese mustard, chia, arugula, garden cress, peas, fenugreek, coriander, and so on... | 1 1/2 tbsp | 4 hours-overnight | 3-6 days | For long sprouts – remove the lid and expose to light after 3 days. Do not move the seeds throughout the process. |
| Lentils, mung beans | 1 1/2 cup | 4 hours-overnight | 2-3 days | Grow in the dark with closed lid |
| adzuki beans, soy, beans, fava beans, lupine, peas | 1 1/2 cup | Overnight | 2-3 days | Do not eat raw. Cook, stir fry or steam. You can also grow it to be a green sprout. |
| Fenugreek | 2 tbsp | 4 hours-overnight | 3-6 days | Can be grown as a sprout or a small sprout |
| Peeled sunflower | 1 1/2 cup | 2-4 hours | 2 days | Dark stains will appear on the seeds – it isn't mold. |
| Regular sunflower | 1 1/2 cup | Overnight | 8 days | The usage of compression palette is recommended. Do not move the seeds throughout the process. Expose to light after 4 days. |
| Garden cress, flax, chia | 1/2 tbsp | Do not soak | 3-6 days | Slimy seed, traps water. Do not soak. Water a bit and drain the water. |
| Black sesame | 2 tbsp | 4 hours-overnight | 1-3 days | Grows capillary roots. Bitterness increases each day. |
| Chickpeas | 1/2 cup-1 cup | Overnight | 2-3 days | Sensitive to high temperatures. Rinse well during soaking and sprouting. In hot days place the sprouter in the fridge. |
| Grains (wheat, barely, Spelt, millet and oats) | 1/2 cup-1 cup | 4 hours-overnight | 2-8 days | Wheatgrass – remove the lid after 2 days and expose to light. The seeds will become a substrate and will not be edible. |
| Buckwheat, quinoa | 2 tbsp | 1/2 hour | 1-2 days | Slight cooking or stir fry is best |

And remember, the sprout is a living thing – try to feel it and listen to its needs.

Take care
 "Pashut"s crew
 Stephanie & Yuval

Contact us!