

HOW TO GROW- SPROUTING SEEDS IN JARS

A very cheap way to get your greens in a few days and a good source of vitamins and fiber.

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What you need -

- A jar- a mason jar is ideal or any wide mouthed glass jar. Modify the top so the lid is now a mesh material. Use something like a coffee filter, tights or cheesecloth and tie around the top with a band or the outer ring of your lid. note- you will have to wash this after each use, you can also buy them online.
- Water
- Seeds- NOT seeds for planting as these have been treated with pesticides and other yucky stuff you don't want to consume. But seeds for sprouting- like these. As they have been assured to be free from pathogens. Please read the [NHS website about potential risks](#) and why it's important to buy seeds for sprouting.



HOW TO DO IT

Step 1- wash everything very well! This is a very important step. Make sure all that you use is sterile.

Step 2- fill the jar by one third with your seeds, fill with cold water and rinse the seeds well.

Step 3- leave them to steep overnight by filling the jar with lukewarm water.

Step 4- rinse and thoroughly drain them. Then turn the jar on its side, with the bottom propped up slightly and place them in a warm, shady area of the house.



Step 5- rinse the contents two times a day, you should have sprouted seeds in three to five days.

This is a very quick good way to get an extra vitamin boost which can be done all year round, taking only a few days till harvest.

Use them through salads or stir fries as they

are.