

HOW TO GROW- SPROUTING SEEDS IN JARS

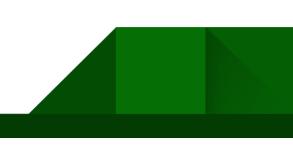
A very cheap way to get your greens in a few days and a good source of vitamins and fiber.

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What you need -

- <u>A jar</u>- 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 <u>buy</u> them online.
- <u>Water</u>
- <u>Seeds-</u> 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 <u>these</u>. As they have been assured to be free from pathogens. Please read the <u>NHS website about potential risks</u> and why it's important to buy seeds for sprouting.





<u>How to do it</u>

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

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

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

<u>Step 4-</u> 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.



<u>Step 5-</u>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 frys as they

are.

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