

## Homegrown Sprouts

### Overview:

Sprouts are an easy and simple way to grow fresh greens all year round. Growing sprouts is a fun and inexpensive way to produce food indoors. During this activity you will have the opportunity to grow your own sprouts.

### Materials:

- Seed Sprouter Tray kit
- Sprouting seeds
- Water
- Measuring cup (1/2 cup)



**Estimated prep time:** 10 minutes

**Harvest:** Seed germination time varies from 3 to 6 days depending on the type of seeds

### What to Do:

#### Sprouting seeds

1. Clean your seed sprouter tray kit and place a 1/2 cup sprouting seeds on the green tray. Add water to completely soak the seeds  
*Note: Purchase seeds that are specifically produced for sprouting. Seeds for gardening are often chemically treated and are not safe for consumption.*
2. Place the green tray on a counter, with no indirect sunlight at room temperature and soak the seeds for 8 to 10 hours
3. After soaking the seeds, pick out the seeds that float as they most likely will not sprout
4. Place the seeds in the grid tray, spread them out evenly and try your best not to stack them
5. Add water into the green container tray, and place the grid tray with seeds on top, make sure that the seeds don't submerge in water, otherwise they will rot. Place lid.
6. Change the water and rinse the seeds in the grid tray every 8-12 hours. To avoid breeding bacteria and smell, make sure to change the water at least 2 times per day.
5. When the spouts grow up to 1 inch height, remove the lid. Spray some water on the seeds for 3 times every day.
6. The seed germination time varies from 3 to 6 days depending on the type of seed.
7. Before harvest, place the tray near a window for sunlight for 3 hours to increase chlorophyll; they'll turn greener.
7. Harvest: Pull out the sprouts or use scissors to cut the stems. Drain the sprouts as thoroughly as possible after the final rinse. They will store best in your refrigerator if they are dry to the touch, so make sure you drain them very thoroughly.

Note: Sprouts should be eaten within 3-4 days of harvest

Share your progress email us pictures with you and your sprouts at [epaee@njaes.rutgers.edu](mailto:epaee@njaes.rutgers.edu)