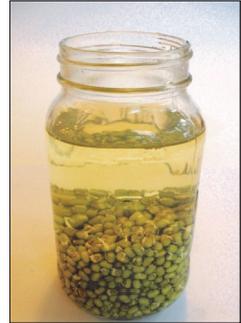




## Sproutman's Hemp Sprouting Bag

Invented circa 1979 by Steve Meyerowitz, Sproutman®



1. Sterilize your new sprout bag by turning it inside out and bathing it in boiling water for only 5 minutes.
2. Purchase seeds that are specifically adapted for sprouting. Seeds from food store bulk bins typically

cause problems. 3. Soak  $\frac{1}{2}$  cup of seed (see chart) in a jar overnight—about 8 hours—no more. Use a jar with 16-32 ounces of pure water.



Leave hanging or set in a bowl after dripping stops

4. After the 8 hrs., pour the soaked seeds into the wet, pre-washed sprout bag. Pull the draw string closed. Rinse by dipping the bag into a bowl of water or soaking it in the sink. Soak for *at least* 1 minute. Then hang it on a hook or knob or lay it in the dish rack or dishwasher rack.
5. Rinse twice per day, about 12 hours apart. Think of feeding them (watering) when you have breakfast and dinner. Just dip and hang! It only takes a minute! You've now got the basic steps.



Variety	#Grow Days	Amount	Skill Level
Spelt	2-3	4-8 oz	Easy
Hard Wheat	2-3	4-8 oz	Easy
Kamut	2-3	4-8 oz	Easy
Soft Wheat	2-3	4-8 oz	Easy
Green Pea	4-5	4-8 oz	Easy
Lentil	4-5	4-8 oz	Easy
Mung	4-5	4-8 oz	Easy
Hulled Sunflower	2	4-8 oz	Easy
Radish	5-6	2-3 oz	Easy
Adzuki	4-5	4-8 oz	Medium
Broccoli	6	2-3 oz	Medium
Fenugreek	6	2-3 oz	Medium
Alfalfa	6-7	2-3 oz	Medium
Clover	6-7	2-3 oz	Medium
Chick Pea	4-5	4-8 oz	Hard
Soybean	4-5	4-8 oz	Hard
Chia	12	2-3 oz	Very Hard

### About the Chart

The sprout bag is very versatile and grows most sprout seeds. The chart above recommends the most popular and most obtainable varieties. If you are new to sprouting, stick to this list. If you don't see it listed here, you probably shouldn't try it! Check out Sproutman's *Turn-the-Dial Sprout Chart* or *Sprouts the Miracle Food* book for more advice on seed varieties. Remember, sprouting is seed intensive gardening. Many of the seeds found in the health food store and the garden center are not sprouting-grade seeds. Stick with seeds that are intended for indoor sprouting and proudly proclaim it on the package.

### Hard? Easy? Other Varieties?

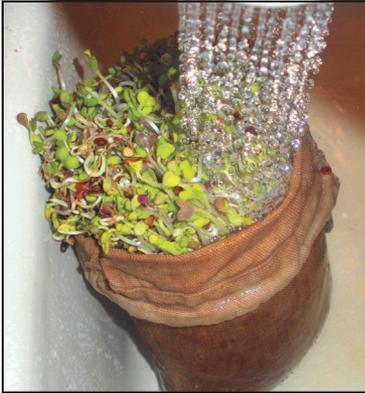
Seeds are *not* all equal. Pick an "easy" seed like mung beans to start with. Some seeds like soybeans and chick peas are "hard" because they are typically poor germinators and require extra cleaning and attention.

Although sprout bags can sprout most seeds, they are ideal for grains and beans. These grow fast and don't need light.

Vegetable seeds such as alfalfa, radish, cabbage, broccoli, and garlic chives on the other hand, are ideally suited for a device that provides vertical growth and lots of light. (*Sproutman's Freshlife Sprouter*) You can grow these in your sprout bag, but it takes a few more steps. **Step 1.** Roll back the collar on the last 2-3 days of their growth to give them light. **Step 2.** Instead of dipping them, shower them with water from the top twice/day.



Chick peas are popular but are harder to grow and don't store very long.



To water radish and other green vegetable seeds, roll back the collar to give them light and water from the top with a shower spray.



Mature radish sprouts. They get light on the last 2-3 growing days and get pretty green.

## Storing Your Fresh Sprouts

Once mature, store your sprouts in the refrigerator right in the sprout bag. Sprout bags breathe as do the living sprouts. Regular plastic bags suffocate sprouts. If you need your sprout bag for starting a new batch, you could buy another one! Or pour the sprouts into a glass or plastic container or one of those “green bags” that reduce ethylene gas.

Once in the fridge, rinse sprouts once every second or third day or as often as necessary to keep them moist. With proper attention, healthy sprouts will store up to 14 days, depending on variety. Refrigerate early in the hot summertime.

## Storing Dry Sprouting Seed

Store your dry seed in a cool, dry place ideally at 60°F or less in a glass jar with a rubber gasket inside the lid to protect the seeds from moisture and humidity. Freezing seed is acceptable if properly protected from moisture. Grains are most sensitive to heat and can get buggy and lose germination. One year is the average longevity for properly stored seed.

## Cleaning and Sterilizing Your Bag

Moisten the bag and turn it inside out. Flush the edges with hot tap water and make sure you perfectly clean out any food particles stuck in the corners. Old decaying food will eat away at the natural fibers. Rinse your bag by hand or use a soft sponge. Never use soap. Detergents dry out the natural oils in the hemp fiber.

If you see cloudy water, mold, or detect a sour smell when rinsing, throw out the batch and sterilize your sprout bag. Place it in a pot of pre-boiled water for 5 minutes with the flame off. Hang the hot sprout bags or lay flat on a dish rack to dry. Remove any remaining sprout hulls or roots once the bags are fully dry.



Rinse the bags inside out under hot tap water.

## Making Mixtures

Once you're an expert, you can grow more than one flavor at a time. Keep them within the same family such as grains with grains and beans with beans and make sure they all mature in the same number of days.

## Making Seed Cheese in the Bag

If you make "seed cheese" recipes, you can use the sprout bag. Just make sure all the leftover particles are washed away. Turn the bag inside out and rinse the corners thoroughly and sterilize the bag. Never use your bag to strain coffee or tea. They contain acids that will eat away at the hemp fibers.

*NEVER USE BLEACH, HYDROGEN PEROXIDE, DETERGENTS OR A HARD BRUSH AS THESE WEAKEN THE HEMP FIBERS.*



Crunchy bean mix. A perfect marriage of red and green lentils, green peas, and chick peas. Easy, fast-growing, and delicious.



Sometimes hulls need to be cleaned especially on small seeds like this broccoli. Scoot them to the side, grab the clean ones, and return them to the bag for more sprouting.

## Cleaning Tips

1. While the bag is under water, massage or shake the contents gently. This prevents clumping and stops the roots from growing into the side wall.
2. If the rinse water turns cloudy, it usually means poor seed! Rinse an extra time per day and buy new seeds.

3. Hang your wet sprout bag for about 10 minutes or until it stops dripping. Then you can lay it in a bowl to protect it from drying out in warm or breezy air.

Check out Sproutman's *Freshlife Automatic and Manual Sprouters, Color Sprout Chart, Organic Seeds, Online Classes*, and the books *Sprouts the Miracle Food*, and *Kitchen Garden Cookbook*.

[www.Sproutman.com](http://www.Sproutman.com)

Sproutman & Co. USA

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Mung beans are abundant and ideal for your first time sprouting effort using the sprout bag