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# HOW TO GROW SPROUTS AT HOME

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Have you ever wondered what you need to know to grow sprouts at home? Today is your day! Sprouts are an excellent source of nutrients and minerals. They are easier to digest and the bioavailability of nutrients is increased in sprouts, allowing vitamins and minerals to be more easily absorbed by the body. One of the best parts about sprouting though is that sprouts can be easily grown at home! Follow these steps to safely begin home sprouting today!

## Home Sprouting: Getting Started

Before you begin, you need to decide what seeds, grains, beans, etc. you want to sprout! You can even do a mix of different seeds in one batch. Be sure to buy sprouting seeds from a trustworthy company or seller and be sure that the seeds are marked as “sprouting seeds.” I like to choose organic seeds as well. This is my [favorite blend](#). The risk of growing bacteria in your sprouts starts with the seed, so buying quality seeds is the most important step in the process!

Now that you have your seeds or know what you want to sprout, you need to get the right equipment for successful home sprouting. There are many home [sprouting kits](#) available for purchase. If you have wide mouth ball jars you can buy just [the lids](#) OR you can easily and affordably create your own using a mason jar/ball jar, canning ring, and a sheet of [needlepoint plastic mesh](#)!

To grow your sprouts, you will want to give them a home which is NOT in direct sunlight. A corner of your kitchen countertop which is away from the sun will do just fine. If you keep your house at a fairly constant temperature, you should be able to grow sprouts all year long. If you tend to not use air conditioning in the summer, it might not be best to sprout in the summer as the warm, humid air can be a breeding ground for bacteria.

Once you have your seeds, equipment, and suitable environment picked out, you're ready to start your own little jar-garden! Following this routine will provide you with fresh sprouts in a matter of days.

1. Per one 1-quart mason jar, you will use roughly 3 tablespoons of the seeds that you are going to sprout. Rinse the seeds in a small amount of water in the jar, drain, then soak them in a mason jar overnight in a few cups of filtered water, keeping the jar at room temperature.
2. In the morning, drain all the water from the mason jar through the sprouting screen. Add a small amount of fresh water to the jar, swirling the water to thoroughly rinse the sprouts. Doing this at least twice a day will help reduce the risk of bacterial growth.
3. Drain the water again after rinsing, then position the jar at about a 45 degree angle so that all the water can drain completely. Placing the jar in a bowl or pot will allow the jar to drain without covering the holes; just placing the jar on the counter upside down will form condensation and create a humid environment for your sprouts to grow in, thus increasing bacteria.
4. Rinse and drain your sprouts in this way 2-3 times a day. Rinsing regularly with fresh water and draining completely is the surest way to create sprouts that are safe to eat raw. After roughly 3-5 days, your seeds should have all sprouted and grown to fill the jar!
5. When your sprouts are grown to the desired length and have started becoming green, you may transfer your sprouts to the refrigerator for storage. When you

put them in the fridge, be sure they are as dry as possible; do not rinse just before refrigeration! You can aid this by placing a dry paper towel in the container with your sprouts. This will absorb any extra moisture. Just keep changing the paper towel so that it remains dry. Your sprouts should keep for 5-10 days in the fridge. As soon as they begin to smell funny or get slimy it is time to toss them! I like to start a new batch about 3-5 days after I begin eating one batch so that by the time I am done, I will have fresh sprouts ready to go!

6. You can enjoy your sprouts in a variety of ways, such as in salads, on sandwiches or just as a snack! If you are concerned about bacterial growth on your sprouts for health reasons or because you missed a few rinses during the growth period, cooking your sprouts thoroughly will help ensure safe consumption. However, cooking sprouts also depletes nutritional content, so keep this in mind if you're looking to get specific nutrients out of your sprouts!

