



All you need to grow alfalfa sprouts:

- seeds
- glass jar
- stocking or similar woven fabric or screen

You can use a metal ring to secure a patch from the lady's hose over the jar's mouth, but you could also use a rubber band or piece of string. You can use other kinds of woven fabric or screen. What's important is that air and water can pass through it, but the seeds can't. It will appear to be a small quantity of seeds in the jar as two tablespoons per quart jar is about right.

STEP 1: Soak the seeds overnight. Fill the jar at least a quarter full with room-temperature water and just let the jar sit.

STEP 2: Pour out the water and let the seeds sit. You want to seeds to be wet and to have access to air. Therefore, don't let the seeds gather in clumps at the jar's bottom. In fact, take advantage of the fact that the wet seeds want to cling to the jar's inside surface. Roll the jar around, causing as many seeds to stick to the surface as possible, then lay the jar on its side. If the surrounding air is cooler than 70° - 80°, the seeds will grow too slowly. Warmer temperatures encourage disease organisms. If you prefer growing them under warmer conditions, then rinse at least twice a day or more. If you are not rinsing enough, you'll smell a funky odor in the jar. At this stage it doesn't matter whether your sprouts have light or not.



STEP 3: Rinse the seeds at least each 24 hours with cool water.

Just run the water into the jar, swirl the seeds around, then pour out the water and repeat Step 2. The idea is to rid the seeds of disease organisms and toxins that accumulate in the warm, moist conditions inside the jar. The picture at the right shows sprouting alfalfa seeds stuck to the side of a jar. The picture below shows the same jar at the top of the page. You can see that the small amount of seeds we began with now fill the jar with half-grown sprouts. At this point I poured half of the sprouts into another jar and continued rinsing them. Eventually both jars were full!

STEP 4: When the sprouts are big enough -- usually on the fifth or sixth day and looking like those at the right -- spread them out and **let the sun shine on them a few minutes** -- maybe 15 minutes, more if you want. This important step activates enzymes and makes the sprouts prettier by making their leaves greener. The brown seed-coats will have come off most beans. If you want, you can remove most of the coats by submerging the sprouts in water, then filtering out the coats, which tend to float to the top. Removing the coats won't change the taste or nutrition.

STEP 5: *Enjoy!* (You can refrigerate your sprouts once they've drained several hours.)

**You can purchase additional Alfalfa seed (and more) at
www.buywholesalecheap.com**