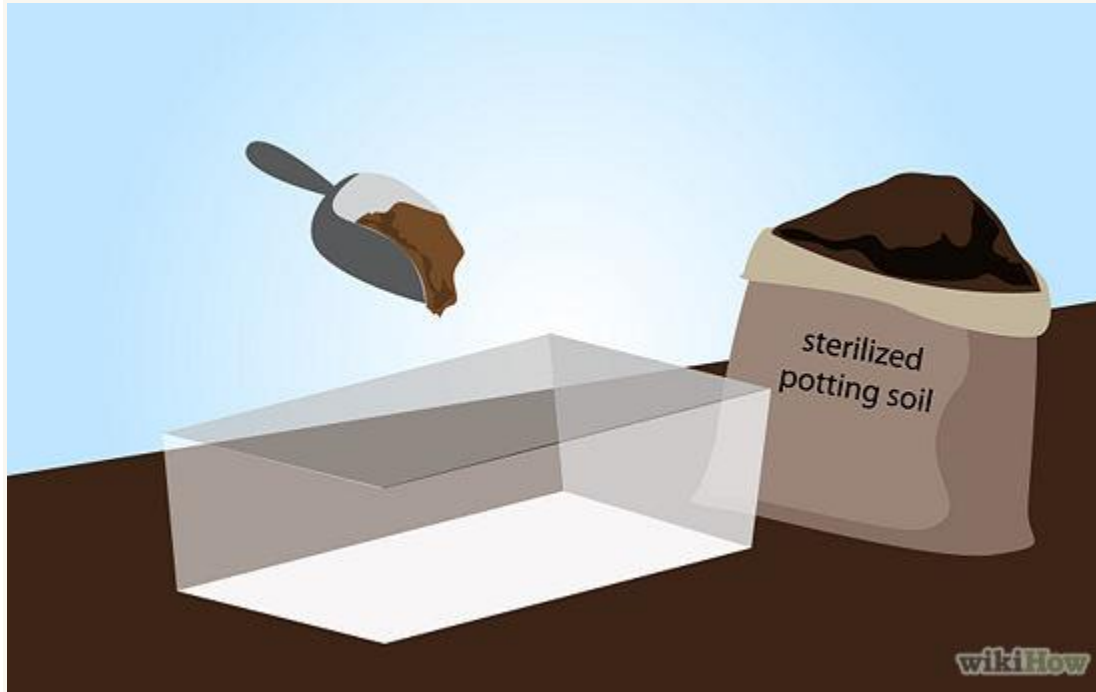


Grow Broccoli Sprouts With Soil

1.1

Put a thin layer of moist, sterilized potting soil in the clean containers.



2.2

Sprinkle the wet broccoli sprout seeds in a thin layer on top of the soil.



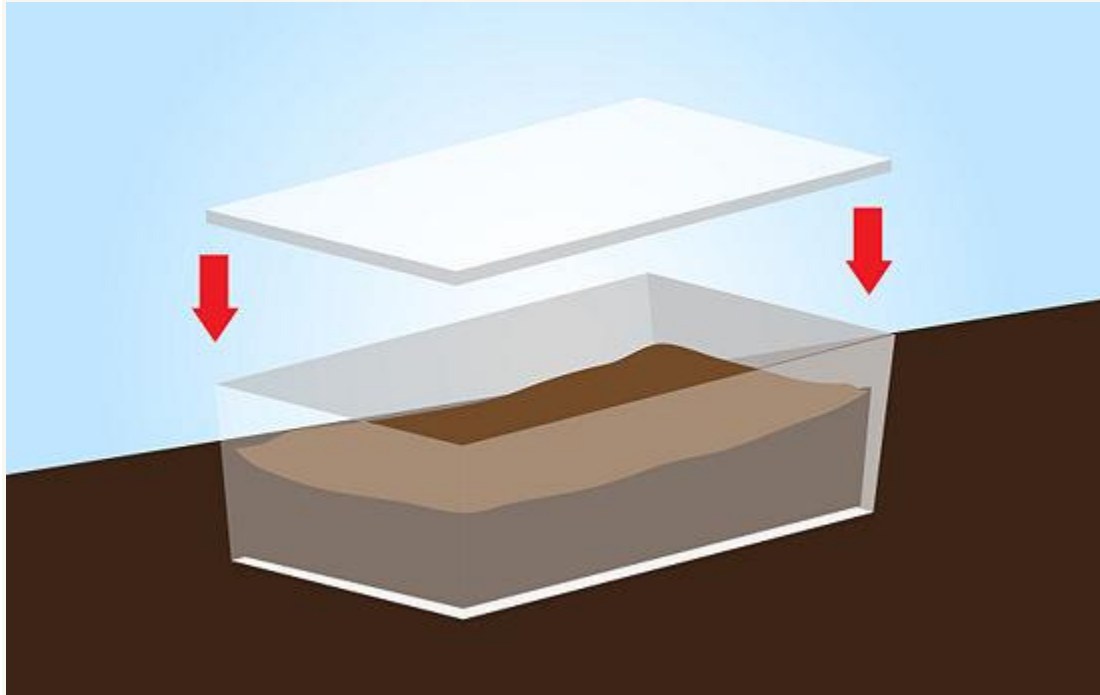
3.3

Cover the seeds with another thin layer of moist potting soil.



4. 4

Put the covers on the containers or cover the tops with clear plastic wrap. When growing your sprouts in soil, ventilation is not usually necessary. However, if too much moisture should build in the container, make a couple of air holes.



5. 5

Place the container in a place where it won't be disturbed and is out of direct sunlight. Until leaves appear the sprouts do not require any light. Kept at a temperature of 65 to 75 degrees Fahrenheit (18.3 to 23.8 C), the seeds should sprout in 3 to 5 days.



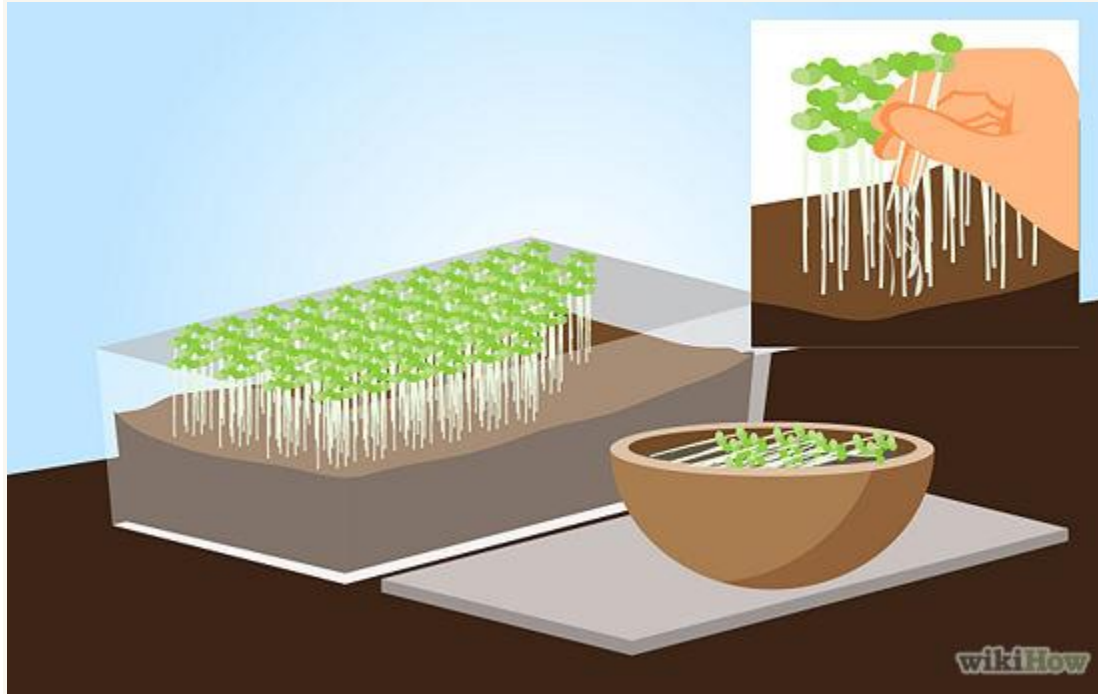
6.6

Move the containers to an area of indirect sunlight on the 4th day or when first leaves appear. Direct sunlight will kill them, but the sprouts need some light exposure now if you want the leaves to stay green.



7.7

Harvest your sprouts within 1 to 2 days after leaves appear. Use your hands to pull the sprouts from the soil and transfer them to a large bowl of cool water.



8.8

Agitate the water to move the sprouts around. This cleans the dirt from the sprouts and causes the hulls from the seeds to dislodge and float to the surface of the water.



9.9

Skim the seed hulls off of the water surface and discard them. The hulls retain moisture, and if stored with the sprouts may lessen their shelf life.

