

How to Sprout Radish Seeds

Radish sprouts are a spicy way to add flavor to salads, sandwiches, and dips. These sprouts take a longer to grow than other sprouts, but they also keep longer. Remember that radish sprouts are hot and spicy, so a little goes a long way.

Difficulty: Moderately Easy

Instructions

Things You'll Need:

- Radish seeds
- Fine mesh colander
- Cheesecloth
- Glass jar
- Large bowl



- 1: Cover a fine mesh colander with cheesecloth and place your radish seeds on top. Rinse the seeds under running water and then place them in a wide-mouthed glass jar. Cover the seeds with water and soak for 8 to 12 hours.
- 2: Pour the seeds onto the cheesecloth once again and rinse. Allow the seeds to drain and place them back in the jar. Cover the jar with your piece of cheesecloth and leave the jar in a cool place out of direct sun.
- 3: Rinse and drain the radish seeds every 8 to 12 hours for 5 or 6 days. The sprouts are ready when the majority of seeds have a single open leaf. When ready, place the sprouts in a large bowl and cover them with water.
- 4: Swirl the water with your hands, gently loosening up the roots of the sprouts. The hulls of the radish seeds will float to the surface where you can scoop them off. Pour the sprouts into the colander and leave them to drain. Stir the sprouts every hour or so until they are dry.
- 5: Transfer your sprouts into the dry glass jar and seal tightly with the lid. Keep your sprouts in the refrigerator for 3 to 4 weeks.



Tips & Warnings

- Sprout only as much as you can use in 3 to 4 weeks.
- As a general rule, 3 tbsp. of radish seeds will sprout into as many as 2 cups.

**Discounted seeds can be obtained at
www.buywholesalecheap.com**