

Method for Growing Mung Beans from Seed

Before you begin to grow Mung Beans you might want to purchase trays to grow them in, or find something suitable around the house. You will also need some paper towel, water, and of course the seeds themselves. I've done this with plastic lids and other things like that. Before you begin, soak the seeds for 5-6 hours, this greatly insures quicker germination and short growing times.

- 1) Firstly line your seed tray with cling film to avoid the drainage holes allowing the moisture to escape, or the paper towel to dry out. Line the tray with a double thickness of paper towel.
- 2) Wet the paper towel thoroughly ensuring it is totally saturated and is drained of excess water.
- 3) Sow the seeds thickly across the surface of the paper towel
- 4) Place the tray in the warm, light, airy position and maintain a temperature of around 60 degrees.
- 5) Keep the paper towel really, really moist but not super wet. **KEEP THE PAPER WET!!!**
- 6) The seedlings should be ready after about 5 to 10 days, and when they have reached 2.5 cm or about 1 inch tall, (just as the green leaves begin to appear). If you don't keep the paper moist enough the seeds will take longer to grow, or may even die.
- 7) If you are bagging up the bean sprouts you will need to cut the shoots and rinse them thoroughly in cold water, before sealing them tightly in plastic bags.



Sow seeds on damp kitchen roll.



After 24 hours.



48 - 72 hours.



Ready to harvest after approximately 5 to 10 days.

Repurchase at discount at www.buywholesalecheap.com – other seeds available also.