



Protein Bean Sprouting Mix

Green Pea · Mung Bean · Green Lentil · Garbanzo Bean

Four beans, one jar, about three days. Beans are the most forgiving sprouts you can grow — but they are *thirstier* and *heavier* than small seeds like alfalfa, so they need a longer soak and better drainage. Follow the soak time on this sheet and you will get a full, even crop.

1 WHAT'S IN YOUR BAG

Green Pea

Sweet and grassy, the crunchiest of the four. Fastest to finish — best texture at day 2–3.

READY DAY 2–3

Mung Bean

The classic stir-fry bean sprout. Mild and nutty. Happy to keep growing if you want it long and thick.

READY DAY 2–5

Green Lentil

The easiest sprout in the bag. Peppery and fresh, pale green turning yellow inside as it opens.

READY DAY 2–3

Garbanzo Bean

Savory and substantial. The biggest and thirstiest bean in the mix — it sets the soak time for everyone.

READY DAY 2–4

THE ONE THING THAT MAKES OR BREAKS A BEAN CROP

Soak a full 8–12 hours — overnight is perfect. Short soaks are the number-one reason bean sprouts disappoint. Small seeds like alfalfa drink their fill in a few hours; big beans need far longer, and the garbanzos want the long end of that window. Under-soak the mix and the lentils, peas and mung will sprout beautifully while the garbanzos sit there hard and unchanged. Give the whole jar the long soak and everything wakes up together.

2 QUICK START — FOUR MOVES

STEP 1

Rinse & Soak

8–12 HOURS

Put $\frac{1}{2}$ cup of dry mix in a clean quart jar. Rinse once, then cover with 3–4× its volume of cool water. Leave it on the counter overnight. Beans will roughly double in size.

STEP 2

Drain Hard

EVERY TIME

Pour off the soak water — don't drink it or reuse it. Rest the jar mouth-down at about a 45° angle so every drop escapes. Standing water is what causes sour smells and mold.

STEP 3

Rinse & Drain

2–3× DAILY

Every 8–12 hours, fill with cool water, swirl gently, pour off, drain fully, and return to its angle. In a warm kitchen (above 80°F) make it three times a day.

STEP 4

Harvest

DAY 2–4

Pick when most tails are about $\frac{1}{4}$ inch — mung can run longer if you want it to. Rinse, drain very well, then refrigerate. Taste at every rinse to find *your* favorite day.

3 WHAT EACH DAY LOOKS LIKE

EVENING

Start the soak

Measure, rinse, cover with cool water. Go to bed.

DAY 1

Drain & begin

Beans are plump and smooth. Drain, rinse, set at an angle. Nothing visible yet — that's normal.

DAY 2

Tails appear

White root tips break through. Lentils and peas lead. Some skins loosen — also normal.

DAY 3

Prime harvest

Most tails about $\frac{1}{4}$ ". The jar looks full. This is the sweet spot for the mix as a whole.

DAY 4–5

Longer & leafier

Mung stretches out, tiny yellow leaves show. Great if you want stir-fry sprouts; peas head toward pea shoots.

4 HOW MUCH TO START

 $\frac{1}{2}$ cup

DRY MIX PER QUART JAR

1 cupDRY MIX PER $\frac{1}{2}$ -GAL JAR**~2×**

WEIGHT & VOLUME YIELD

 $\frac{1}{4}$ full

DRY-SEED CEILING

65–75°F

IDEAL ROOM TEMP

Beans roughly double in weight and volume by the time you harvest at $\frac{1}{4}$ ", and mung grown long can do more. The $\frac{1}{2}$ -cup-per-quart figure is the target, not the maximum — a quarter of the jar is the absolute ceiling, because crowded beans can't drain and beans that can't drain go sour. Rooms warmer than about 80°F are fine but call for a third rinse each day. When in doubt, use less seed or a bigger jar.

5 BEFORE YOU START — CHECKLIST

- ☐ Clean quart or half-gallon jar with a mesh lid — or a sprouting tray, bag, or colander
- ☐ $\frac{1}{2}$ cup dry mix per quart jar — the jar no more than a quarter full
- ☐ Soak started in the evening — 8–12 hours, a full 12 if the room is cold
- ☐ A bowl or dish rack to hold the jar at a 45° angle, mouth down
- ☐ A growing spot out of direct sun, 65–75°F (warmer is fine — rinse a third time)
- ☐ A reminder set for rinses, morning and night

6 PICK YOUR METHOD

Mason Jar
THE CLASSIC

1. ½ cup dry mix into a clean quart jar; fit a mesh sprouting lid or secure cheesecloth with a rubber band.
2. Rinse once, then fill with cool water and soak 8–12 hours.
3. Drain completely. Prop the jar mouth-down in a bowl or dish rack at 45°.
4. Rinse and re-drain 2–3× a day. Shake gently to redistribute the beans.
5. Harvest day 2–4.

BEST FOR
Small batches and anyone starting out. Keep the jar tilted — a jar sitting flat is the most common bean-sprouting mistake.

Sprouting Tray
BEST DRAINAGE

1. Soak 8–12 hours in a separate bowl or jar — trays are for growing, not soaking.
2. Drain, then spread the beans in a single even layer, no more than two beans deep.
3. Set the tray over its drip pan with a slight tilt so water runs off.
4. Water gently 2–3× a day and let it drain right through.
5. Harvest day 2–4.

BEST FOR
Bigger batches and warm kitchens. Airflow around every bean makes this the most reliable method for the heavy beans in this mix.

Bag or Colander
NO GEAR NEEDED

1. **Bag:** soak in the bag submerged in a bowl 8–12 hours. Lift, let it drip, hang it over the sink.
2. Dunk the whole bag in cool water 2–3× a day, then hang to drain.
3. **Colander:** soak in a bowl, drain into a colander, cover with a clean damp towel.
4. Rinse under the tap 2–3× a day; shake dry and re-cover.
5. Harvest day 2–4.

BEST FOR
Travel, camping, and tight counters. Never let the bag dry out completely between rinses, and don't leave it in a puddle.

7 BEAN-BY-BEAN NOTES

BEAN	SOAK	HARVEST	PICK IT WHEN	WHAT TO KNOW
Green Pea	8–12 hr	Day 2–3	Short white tails, ¼"	The crunchiest of the four and sweetest at day 2–3, where most people like it. Grown longer it becomes a leafy pea shoot. If the peas are your favorite, harvest the whole jar on day 2.
Mung Bean	8–12 hr	Day 2–5	Tails ¼" to 2"	The most flexible, and the only one worth growing long. For fat, crisp stir-fry sprouts, grow it in the dark under a light weight (see the tip below) and go 4–6 days.
Green Lentil	8–12 hr	Day 2–3	Tails 1/16–¼"	The most forgiving of the four. Peppery and crisp on a very short tail — it is finished long before it looks like the others, and does not need to catch up.
Garbanzo Bean	8–12 hr	Day 2–4	Tails ¼", no longer	The one to plan around — the biggest bean, so give it the long end of the soak. A sprouted garbanzo is dense and crunchy right through; that's normal. One that stayed <i>small, dark and hard</i> never took on water — pick those out. Long tails turn bitter, so harvest early.

PRO TIP — THICK, CRUNCHY MUNG SPROUTS

The fat sprouts you get in a restaurant are grown in the dark under gentle pressure. After the soak, keep the jar or tray in a dark cupboard and rest a small clean plate or a jar of water on top of the beans. Growing against that resistance makes them short, thick, and snappy instead of long and stringy. Keep rinsing on the same schedule, easing the weight off after day 3, and give them 4–6 days.

8 HARVEST & STORE

- **Final rinse.** Fill the jar, swirl vigorously, and pour off the loose skins that float to the top. Skins are harmless but they shorten fridge life.
- **Dry them well.** This is the step people skip. Drain 30–60 minutes, or spin in a salad spinner, or roll in a clean towel. **Wet sprouts spoil in days; dry sprouts keep for a week.**
- **Container.** Loosely covered container or a bag with a paper towel inside to catch moisture. Not airtight while still damp.
- **Fridge.** Store at 40°F or below. Best within 3–5 days; up to about a week if they went in dry and well drained.
- **Refresh.** Rinse and re-drain every couple of days and they'll stay crisp longer.
- **Toss** anything that turns dark, slimy, or smells sour or musty.

9 WAYS TO EAT THEM

- **Raw:** pea and mung sprouts are excellent raw — salads, sandwiches, spring rolls, grain bowls, on top of soup.
- **Cooked:** garbanzo and lentil are meatier and sweeter with a few minutes of heat — steamed, sauteed, or simmered. Many people prefer the whole mix cooked. (See the safety note: light cooking is a matter of taste, not a substitute for thorough cooking.)
- **Stir-fry:** add in the last 60 seconds so they keep their snap.
- **Sprouted hummus:** sprouted garbanzos blend smoother and taste fresher than canned. Steam 10 minutes first.
- **Curries, chili, tacos:** stir a handful in at the end for texture.
- **Freeze extras** after a quick blanch if a crop outruns your appetite.

10 SOMETHING WENT WRONG — FIND IT HERE

WHAT YOU SEE	WHY IT HAPPENS	WHAT TO DO
Some beans never sprouted — still hard	Almost always too short a soak. The big garbanzos need the full 8–12 hours to take on water, and a cold kitchen slows them further. Lentils and peas are rarely the problem.	Next batch, soak overnight — 12 hours if your room is below 65°F. A few genuinely hard seeds per jar are normal in any bean; pick them out at harvest and carry on.
Sour or fermented smell	Water sitting at the bottom, too many beans in the jar, or a kitchen running warm.	Rinse right away and drain much harder — keep the jar at 45°, not flat. Move to three rinses a day, use less seed, and move the jar somewhere cooler. Caught early it recovers.
Slimy or mushy beans	Same root cause as above: trapped moisture, plus crowding. Beans are heavy and pack together tightly.	Shake the jar after each rinse to loosen the mass, or switch to a tray so air reaches every bean. If it's widespread and smells bad, start over.
Fuzzy white growth — mold or root hairs?	Both look fuzzy. Root hairs are bright white and uniform, confined to the root tips right where the tail meets the bean, and they have no smell. Mold is uneven and cobweb-like or powdery, spans several beans, may be grey, green, or black, and smells musty or sour.	If you are not sure, throw the batch out. Root hairs on a healthy crop need nothing. For anything else — discard it, scrub and sanitize the jar and lid, and start over with less seed and more frequent rinsing.
Sprouts taste bitter	Usually grown too long — garbanzo and pea sharpen up as the tails stretch. Sometimes warmth plus poor drainage.	Harvest a day earlier next time. Taste at every rinse and stop at the day you like. A quick 2–3 minute steam also softens bitterness.
Loose skins everywhere	Completely normal, especially from the mung and the peas. The skin splits as the bean swells.	At the final rinse, fill the vessel, swirl hard, and pour the floating skins off the top. Removing them helps the crop keep longer.
Only some varieties sprouted	The four finish at slightly different speeds — lentils and peas lead, garbanzos trail.	Give it one more day. If the garbanzos still lag, that's a soak-length issue, not a seed issue — see the first row.
Sprouts turned green	Light exposure. Harmless, and the same thing that happens to any sprout on a windowsill.	Bean sprouts don't need light and stay sweeter without it. Grow them somewhere shaded or in a cupboard. Green ones are perfectly good to eat.
Crop dried out and stalled	Missed rinses, low humidity, or a fan or vent blowing on the jar.	Resume rinsing on schedule and most will recover. Move the jar out of the airflow. Never let the beans go fully dry once they've started.

Growing them safely

- Start with clean hands, a clean jar, and a clean lid. Wash equipment in hot soapy water between every crop.
- Use drinkable water for soaking and rinsing.
- Rinse and drain on schedule — steady drainage is the single best defense against bacteria.
- Grow at normal room temperature, not on a warm appliance or in direct sun.
- Refrigerate promptly at 40°F or below and eat within about a week.
- Cooking sprouts thoroughly reduces food-safety risk. The FDA advises that young children, older adults, pregnant women, and anyone with a weakened immune system avoid **raw or lightly cooked sprouts of any kind** — a brief steam or stir-fry does not meet that bar; thorough cooking does.
- When in doubt — off smell, sliminess, discoloration — throw it out and start a fresh jar.

11 QUESTIONS WE GET A LOT

Do I have to buy a special lid?

No. A square of cheesecloth, nylon screen, or clean netting under a canning ring works. A mesh lid is just faster to drain.

Can I sprout only part of the bag?

Yes — scoop what you need, reseal the rest. The four are blended evenly, so any scoop gives you all four.

Can I start a second jar while one is growing?

Absolutely. Staggering a new jar every two days gives you fresh sprouts continuously. Use separate, clean jars.

STORING THE REST OF YOUR SEED

Reseal the bag tightly and keep it somewhere cool, dark, and dry — a pantry is fine, a freezer is better. Kept dry, sprouting beans stay viable for years. Never return damp or soaked seed to the bag.

Questions about your crop? We actually answer.

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