## How to Grow Broccoli



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## **Broccoli Sprouting Method**

Put about 4 Tablespoons of seeds in an extremely clean, steam sterilized 32 oz jar. Rinse and drain. Make sure your water source is clean too.



Cover with water (about a cup). Cover with mesh or a cheesecloth. Put in dark place

65-75 degrees F (not the fridge, the seeds need warmth to germinate).

Soak for 4-8 hrs. Rinse with clean water and drain.

Invert the jar and prop at an angle in a bowl. Put back in dark. Continue rinsing, draining, inverting and putting back in dark till the seeds split and sprouts emerge.

When small leaves begin to uncurl at the top of the fragile white stems, bring into the light to Green Up.

