



**TODD'S
SEEDS**

248-206-3200
todd@toddsseeds.com
12790 Currie Ct, Livonia, MI 48150

Sprouting a pre-mixed batch of seeds that includes both gelatinous and non-gelatinous types can be tricky, but it's entirely feasible with the right approach. Here's how you can successfully sprout your Sprouter's Choice Mix containing Broccoli, Radish, Arugula, Cress, Mizuna & Tatsoi Mustard, and Cabbage while managing the gelatinous nature of arugula and cress:

Required Materials

- Sprouting tray or several large, shallow dishes
- Clean, fresh water
- Spray bottle for misting
- Paper towels or clean cloth (for covering)

Instructions

Step 1: Initial Rinse

1. ****Rinse the Seeds****: Gently rinse the mixed seeds under cool running water using a fine mesh strainer. This step is to clean the seeds and prepare them for sprouting without soaking them.

Step 2: Setup for Sprouting

1. ****Prepare Your Sprouting Tray****: Line the tray with a clean, moist paper towel. This setup helps manage the moisture without soaking the seeds directly.
2. ****Spread the Seeds****: Evenly distribute the seeds across the tray. Ensure they are in a single layer and not clumped together to allow air circulation.

Step 3: Daily Care

1. ****Misting****: Use a spray bottle to mist the seeds lightly twice a day. This method provides sufficient moisture without causing the gelatinous seeds to clump together.
2. ****Covering****: Cover the seeds with another damp paper towel or a breathable cloth to create a humid environment conducive to sprouting.



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Step 4: Monitor and Maintain

1. **Air Circulation**: Place the tray in an area with good air flow to avoid mold and excess moisture.
2. **Check Regularly**: Observe the seeds daily for germination and ensure there is no pooling water or mold growth.

Step 5: Harvesting

1. **Watch for Sprouting**: Expect to see sprouting within 3-7 days, depending on the seed types and room conditions.
2. **Harvest Time**: Most microgreens are ready to harvest when they are 1-3 inches tall and have developed their first true leaves, typically around 7-14 days after sprouting.
3. **Harvest Technique**: Gently cut the greens just above the soil line with clean scissors.

Warnings

- **Avoid Over-Watering**: Too much water can create a gel-like barrier around gelatinous seeds, which inhibits growth. Misting is crucial rather than soaking.
- **Prevent Mold**: Consistent misting without excessive water reduces the risk of mold. If you notice any mold, improve air circulation and reduce moisture.
- **Even Sprouting**: Some seeds may sprout faster than others. Regularly rotating the tray can help ensure even light exposure and growth.

By following these steps, you can effectively manage the challenges posed by the mixture of gelatinous and non-gelatinous seeds in your Sprouter's Choice Mix, leading to a successful batch of nutritious microgreens.

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