



**TODD'S
SEEDS**

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Here are detailed instructions for sprouting garbanzo beans (chickpeas) using a sprouter or hydroponic system:

1. **Selecting the Beans**

- Choose high-quality, chemical-free garbanzo beans from Todd's Seeds, as these are more likely to sprout effectively. Our beans are raw and not heat-treated, as treatment can prevent sprouting.

2. **Preparing the Beans**

- Rinse the garbanzo beans thoroughly under cool, running water to remove dirt or impurities.
- Soak the beans in plenty of cold water for 8-12 hours. This soaking period helps to activate the sprouting process.

3. **Setting Up Your Sprouter or Hydroponic System**

- ****For a Sprouter****: Drain the soaked beans and spread them evenly in your sprouting tray or jar. Make sure the sprouter allows for good air circulation and drainage.
- ****For a Hydroponic System****: Place the soaked beans on a netted tray or in a growing medium that supports seed sprouting, such as coco coir or rock wool. Ensure that your system allows for both water circulation and good airflow.

4. **Sprouting**

- Rinse and drain the beans at least twice daily to prevent mold and bacteria growth. In a hydroponic system, ensure the water is adequately cycled to keep the beans moist but not waterlogged.
- Keep the sprouter or hydroponic system in a place with ambient light and room temperature; direct sunlight is unnecessary and can be too intense.

5. **Watching Them Grow**

- The beans will begin to sprout within 1-3 days. Look for small white tails emerging from the beans, which indicate healthy sprouting.
- Continue rinsing and draining until the sprouts reach your desired length, usually about ½ to 1 inch long. This typically takes 2-4 days.

6. **Harvesting the Sprouts**

- Once the sprouts have reached the desired size, give them a final rinse and drain them thoroughly to remove any excess moisture.
- Sprouts can be eaten immediately or stored in a refrigerator. To store, place them in a clean container with a lid; they should last for about a week.



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7. **Using the Sprouts**

- Garbanzo bean sprouts can be added to salads, sandwiches, and stir-fries. They can also be cooked lightly and included in various dishes.

8. **Health and Safety**

- Ensure that the sprouts are hygienic and consume them while fresh to minimize the risk of bacterial growth, which can occur in moist environments.

Sprouting garbanzo beans is a simple and nutritious way to enjoy this versatile legume, adding a crunchy texture and a nutritional boost to your meals.

Get the Best Garbanzo Bean Seeds at <https://seeds.ToddsSeeds.com>