



**TODD'S  
SEEDS**

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Sprouting Red Clover seeds from Todd's Seeds can be fun and nutritious. Here's a step-by-step guide to help you get started:

### **Supplies Needed**

- Red Clover seeds from Todd's Seeds
- A sprouting jar or a similar container
- A sprouting lid or cheesecloth
- Water

### **Instructions:**

#### **1. Measure and Rinse the Seeds**

Start by measuring about 1 to 2 tablespoons of Red Clover seeds. This amount is typically enough for a quart-sized jar.

Place the seeds in the sprouting jar.

Rinse the seeds thoroughly with cool water to remove any dust or debris. Drain the rinse water using a sprouting lid or cheesecloth secured with a rubber band.

#### **2. Soak the Seeds**

Fill the jar with lukewarm water, submerging the seeds with about 2-3 inches of water above them. Allow the seeds to soak for 4 to 6 hours. Soaking helps to activate the seeds' germination process.

#### **3. Drain and Rinse**

After soaking, drain the water from the jar. It's important to remove all excess water to prevent mold growth. Rinse the seeds with fresh, cool water and drain thoroughly.

#### **4. Repeat Rinsing and Draining**

Twice a day, rinse the seeds with cool water and drain thoroughly. Consistent rinsing is crucial to prevent mold and provide enough moisture for the seeds to sprout.

#### **5. Place the Jar Properly**

After each rinse, position the jar at an angle in a bowl or dish rack to allow any excess water to drain and air to circulate. Keep the jar out of direct sunlight and put it in a room with ambient natural light.



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## **6. Watch Them Grow**

Continue the rinse and drain cycle for 4 to 6 days. After the first couple of days, you will start to see sprouts forming. The sprouts are ready when about 1-2 inches long and have green leaves.

## **7. Final Rinse and Storage**

Once the sprouts have grown to your liking, perform a final rinse to remove any husks or unsprouted seeds. Drain the sprouts thoroughly to ensure they are dry to the touch. This helps to extend their shelf life. Store the sprouts in a sealed container in the refrigerator. They are best consumed within a week.

### **Tips**

Ensure that your sprouting jar, lid, or cheesecloth are clean to avoid contamination. If the temperature is warmer, you may need to rinse the seeds more frequently to keep them moist and prevent overheating.

Enjoy your Red Clover sprouts in salads, sandwiches, or as a garnish to add a fresh, crunchy texture and a boost of nutrients to your meals.

Following these instructions, you should have a fresh batch of nutritious Red Clover sprouts ready to enjoy in about a week!

Order seeds at <https://seeds.ToddsSeeds.com>