



**TODD'S  
SEEDS**

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Sprouting alfalfa seeds at home is simple and rewarding, providing fresh, nutritious sprouts. Here's a step-by-step guide:

### ### Supplies Needed

- Alfalfa seeds from <https://seeds.ToddsSeeds.com>
- A sprouting jar or a glass jar with a breathable lid (sprouting lid, cheesecloth, or mesh screen)
- Water

### ### Instructions

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

- Measure 1 to 2 tablespoons of alfalfa seeds for a quart-sized sprouting jar.
- Rinse the seeds thoroughly with cool water to remove any dust or debris. Drain the rinse water through a sprouting lid, mesh screen, or cheesecloth.

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

- Fill the jar with enough lukewarm water to submerge the seeds, with 2-3 inches of extra water above them.
- Let the seeds soak for 4-8 hours or overnight. This helps activate the seeds and starts the germination process.

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

- After soaking, drain the water from the jar. Be sure to drain all excess water to avoid mold growth.
- Rinse the seeds with cool, fresh water and drain thoroughly.

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

- Rinse and drain the seeds twice a day. This maintains the correct moisture level and prevents mold, allowing the seeds to sprout evenly.
- After each rinse, place the jar at an angle in a dish rack or bowl to allow excess water to drain and let air circulate.

#### ##### 5. \*\*Allow for Light Exposure\*\*

- Keep the jar out of direct sunlight during the initial sprouting stages. Indirect light is sufficient.
- Once the sprouts start to grow leaves (typically after about 3-4 days), move the jar to a location with indirect sunlight or bright light to help the sprouts develop chlorophyll and turn green.

#### ##### 6. \*\*Harvest the Sprouts\*\*



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- Alfalfa sprouts are ready to harvest in about 5-7 days. They're best when 1 to 2 inches long with fully opened green leaves.
- Give them a final rinse, draining thoroughly to remove excess water.

#### #### 7. \*\*Store the Sprouts\*\*

- After draining thoroughly, store the sprouts in a sealed container in the refrigerator. They will keep for up to a week if well-drained and dried.

#### ### Tips

- Avoid over-soaking the seeds during the initial soaking period to prevent mold.
- Ensure the sprouting jar is always properly drained to avoid standing water, which can promote bacterial growth.
- If you notice any musty odor or signs of mold, discard the sprouts and start again with new seeds.

Enjoy these crunchy, nutritious alfalfa sprouts in salads, sandwiches, and wraps or as a fresh topping for your favorite dishes!

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