



**TODD'S
SEEDS**

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Sprouting Todd's Seeds lentil seeds hydroponically can be an enjoyable process. Here's a step-by-step guide:

Supplies You'll Need:

- Todd's Seeds lentil seeds
- Sprouting jar or sprouting tray
- Clean water
- Dark towel (if needed)
- Spray bottle (optional)

Step-by-Step Instructions:

1. **Preparation:**

- Start by thoroughly rinsing the seeds with clean water.
- Inspect the seeds for any debris or damaged seeds and remove them.

2. **Soak the Seeds:**

- Place the rinsed seeds in a sprouting jar or bowl.
- Fill the jar/bowl with water, using about 3 times the volume of water to seeds. The seeds will swell up significantly.
- Soak for 8-12 hours (overnight is convenient).

3. **Drain and Rinse:**

- After soaking, drain the water through a mesh lid or fine strainer.
- Rinse the seeds with fresh, cool water.
- Shake gently to ensure no excess water remains.

4. **Sprouting Process:**

- Place the rinsed seeds back into the sprouting jar or tray, spreading them out evenly.
- Keep the jar or tray in a location that's not directly exposed to sunlight, but still well-ventilated.
- Rinse and drain the seeds every 8-12 hours using clean, cool water to maintain hydration and promote even sprouting.
- If using a jar, position it at an angle to allow any excess water to drain out easily.

5. **Monitoring Growth:**

- Continue the rinse-and-drain cycle for 3-5 days. Gradually expose them to indirect sunlight after day 3 to encourage chlorophyll production and green leaves.
- Adjust ventilation if necessary to prevent mold or stagnation.



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6. ****Harvesting:****

- The sprouts are ready when they reach the desired length, usually 3-4 inches.
- Perform a final rinse to remove any seed hulls or residues.
- If not consuming immediately, dry the sprouts thoroughly and store them in a container in the refrigerator for up to a week.

7. ****Cleaning Up:****

- Clean your sprouting equipment thoroughly with warm, soapy water to prevent contamination for future batches.

Tips:

- Ensure air circulation around the seeds to minimize mold.
- Experiment with the length of sprouts to discover your preferred taste.

Following these steps will help you successfully sprout Todd's Seeds lentil seeds hydroponically for a fresh, nutritious addition to your meals.

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