



**TODD'S
SEEDS**

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Detailed Sprouting Instructions for Todd's Seeds Green or Red Lentil Seeds

Materials Needed:

- Green or Red Lentil Seeds from Todd's Seeds
- A wide-mouth mason jar or a sprouting tray
- A sprouting lid or a piece of cheesecloth with a rubber band
- Fresh, clean water
- A dark, well-ventilated area

Step-by-Step Instructions:

1. ****Initial Rinse and Soak****:

- Measure out the desired amount of green lentil seeds (typically 1-2 tablespoons for a quart-sized jar).
- Place the seeds in the mason jar or sprouting tray.
- Rinse the seeds thoroughly with cool water to remove any debris or dust.
- Fill the jar with about three times the volume of water as seeds and cover with the sprouting lid or cheesecloth secured with a rubber band.
- Let the seeds soak for 8-12 hours or overnight in a dark, well-ventilated area.

2. ****Drain and Rinse****:

- After soaking, drain the water through the sprouting lid or cheesecloth.
- Rinse the seeds again with fresh cool water and drain thoroughly.
- Place the jar at an angle to allow excess water to drain out completely and air to circulate. A dish rack or a specially designed sprouting stand works well for this.

3. ****Rinse and Drain Twice Daily****:

- Rinse and drain the seeds with cool water twice a day, ideally every 12 hours.
- Each time, fill the jar with water, swirl gently to rinse the seeds, and then drain thoroughly.
- Ensure the jar is placed at an angle to allow all excess water to drain out completely.

4. ****Sprouting Period****:

- Continue the rinse and drain cycle for 2-3 days.
- During this period, keep the jar in a dark area or cover it with a towel to encourage sprouting and prevent mold growth.
- As the sprouts begin to grow, you will notice small tails emerging from the seeds.

5. ****Green Up (Optional)****:

- If you prefer green sprouts, on the last day of sprouting, place the jar in indirect sunlight for a few hours.



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- This will allow the sprouts to develop chlorophyll and turn green.
6. **Final Rinse and Harvest**:
 - Give the sprouts a final thorough rinse and drain well.
 - Spread the sprouts out on a clean towel to air dry for a few minutes.
 7. **Storage**:
 - Transfer the dry sprouts to a covered container or a sealed plastic bag.
 - Store in the refrigerator, where they will keep fresh for up to a week.
 8. **Enjoy**:
 - Your fresh, crunchy green or red lentil sprouts are now ready to eat.
 - Add them to salads, sandwiches, or enjoy them as a healthy snack.

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