

# HOME GROWN SPROUTS



Serve



Total prep & growing time



## WHY WE LOVE THIS RECIPE

Great for sandwiches and salads. Add them to stir fries or baked potatoes for crunch!



## FOOD WASTE TIP

Make sure you throw out any brown or mouldy sprouts in the compost.

## IN THIS PACK

- Alfafa seeds or mixed sprouts
- 1 piece cloth
- 1 rubber band

## ALL YOU NEED

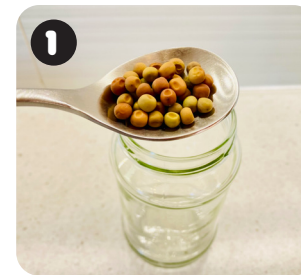
- A clean jar or glass

## FOOD FACT

Sprouts are packed with nutrients and are considered a superfood!

## STEPS

Printed on 100% recycled paper.



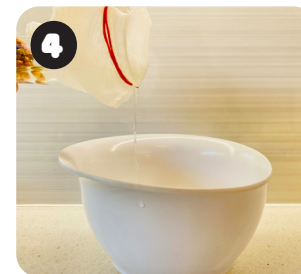
Place the seeds in a jar or glass.



Cover with warm water to about one third full.



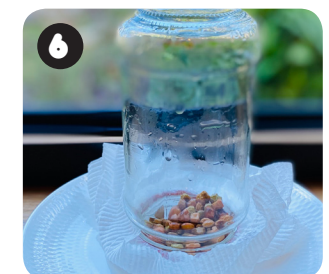
Put the cloth on top of the jar and secure with the rubber band.



After two hours pour out the water.



Rinse the seeds in cold water and then pour out cold water.



Place jar on a sunny window ledge facing upside down with a plate under the jar.



Rinse the seeds every day.



By day 4 or 5, your seeds should sprout. They are ready to eat when they have little green leaves!



**FEAST**<sup>TM</sup>  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING