

# How To Grow Sprouts

SPROUTING 101

(See back of seed package for variety-specific instructions)



**SOAK** – Place sprouting seeds in a clean quart jar, add cool fresh water, cap with sprouting lid and soak.

**2 RINSE** – Drain water from jar and rinse again with fresh water twice a day. On the last day place in indirect light to green up sprouts.



**HARVEST** – After 3-5 days, harvest your homegrown sprouts and enjoy! (Or store in an airtight container in the fridge.)

Learn more at [highmowingseeds.com/sprouting101](http://highmowingseeds.com/sprouting101)



**100% Certified Organic, Non-GMO Project Verified Seeds**

# Why Grow Sprouts?

SPROUTING 101

**EASY** – Growing sprouts is simple and makes a great kids' activity! **Just soak and rinse**—no soil required.

**FAST** – Much faster than garden crops, sprouts are **ready in just 3-5 days!**

**FRESH** – Homegrown sprouts are a **live, raw food** and provide some of the freshest produce available.

**DELICIOUS** – Certified Organic, Non-GMO Project Verified sprouting seeds are available in many delicious, **versatile varieties.**



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**FLIP OVER TO  
LEARN HOW  
TO SPROUT!**