



Seed sprouts

Seed sprouts are exactly that; the first sprouting growth from seeds. A common example that can be found in most supermarkets is the bean sprout, which is often used in stir-fries. Seed sprouts are also good to add to salads.

Resources

- **Shallow tray**
- **Damp tissue paper**
- **Seeds**
(suggested varieties:
Alfalfa,
Aduki Bean,
Cress,
Fenugreek,
Mung Bean,
Mustard,
Radish)
- **Tepid water**
- **Polythene**



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Work safely

If you find mould in a batch of sprouts then you should immediately throw them away and thoroughly wash your sprouting container.

Activity

1. Soak seed in tepid water overnight and rinse.
2. Scatter seeds onto damp tissue paper in a shallow tray. Cover with polythene and place in the dark.
3. Rinse and drain the sprouts every morning and every evening to prevent the formation of mould.
4. Keep the tissue constantly moist, but not too wet as the seeds may rot. Drain any free water from the tray.
5. Remove polythene as required.
6. Move into light to 'green' sprouts as needed, eg alfalfa, cress, fenugreek, mustard and radish. Keep pale coloured sprouts ('forced') in the dark, eg mung beans and aduki beans.
7. The sprouts are ready to harvest in 1-2 weeks. Rinse the sprouts with fresh water and transfer to a bowl. They are best eaten immediately but can be kept in the fridge for 2-3 days (rinse every 24 hours).

