

Troubleshooting

My sprouts look moldy!

In most cases, what you see is not mold. They are root hairs that resemble a fine fuzz coating the seed. Rinse your seeds, and the hairs will fall back to the seed.

However, it is possible to grow mold or fungus on your sprouts. If you are using quality seeds and have a sterile sprouting jar it is easily correctable. If your seed is old, buy fresh and store it well. You should sterilize your sprouting jar every few crops (at least). And be sure to change the cheesecloth with every crop. Mold is usually associated with high humidity or lack of air circulation. The most common causes of mold are:

- A sprouting jar with poor air circulation
- Insufficient draining after rinses. Seeds should not be sitting in water.
- High humidity in your home
- Sprouting jar is not clean
- Growing your sprouts in a cabinet (poor air circulation)
- Rinsing with warm or hot water

My sprouts don't taste good!

Common causes for sprouts to become inedible:

- Seeds are not rinsed well enough before soaking
- Seeds are left in standing water after the initial soaking
- Seeds are allowed to dry out
- Temperature is too high or too low
- Dirty equipment
- Insufficient air flow
- Contaminated water source



Lake Valley Seed

Lake Valley Seed is a full line garden seed company that specializes in supporting local independent retail stores. For 35 years we've been a trusted resource to passionate home and community gardeners for untreated, non-GMO herb, vegetable, and flower seeds.

Lake Valley Organics



Lake Valley Seed's organic garden seeds and sprouting seeds are USDA Certified Organic, untreated, and non-GMO. Our organic sprouting seeds have been third party tested for human pathogens.



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Fresh, Healthy Food
in Every Season

A Guide to Growing
SPROUTS



What are sprouts?

Sprouts are germinated seeds that are eaten root, seed, and shoot. They are grown in a damp environment without soil or a starting medium and do not require light to sprout.

Is sprouting safe?

A downside to consuming raw sprouts is that the process of germinating seeds can also be conducive to harmful bacterial growth. To ensure the safest growing environment, it is important to use sterilized equipment and thoroughly clean work surfaces and hands when working with sprouts. It is recommended that children under two years of age and people with highly compromised immune systems refrain from eating sprouted seeds.

Some people suggest soaking seeds in a hydrogen peroxide solution prior to sprouting to inhibit bacterial growth. Learn more here to decide if this is an option for you:

http://ucanr.edu/sites/Postharvest_Technology_Center_/files/231294.pdf

TIP: Prepare harvested sprouts with known antimicrobial foods such as vinegar, garlic, and onions.

It's inexpensive and easy

Growing your own sprouts is an easy way to enjoy inexpensive, healthy homegrown food all year long. Sprouts are the nutritional stars of the vegetable world. They are rich in digestible dietary fiber, bioavailable vitamins, minerals, amino acids, proteins, and phytochemicals – all essential for human health. Sprouts also contain digestive enzymes and some of the highest known levels of certain antioxidants.

Make your own sprouting jar

Sprouts are very easy to grow in any container with a lid with holes for draining water and allowing air circulation. Here's how to make your own. You will need:

- A wide-mouth jar (quart size or larger)
- Cheesecloth, very fine plastic mesh like that used to package produce, or any clean, porous material that will allow water to drain
- A rubber band to secure the cover, or an open center screw-on lid

Simply place the cheesecloth over the open jar mouth and secure with a rubber band. Or, cut mesh or other porous material to fit the inside of the metal screw-on lid.



Sprouting instructions

- Rinse approximately 1½ tbsp. seeds and soak overnight in fresh room temperature water.
- Drain the water, rinse the seeds once or twice, and drain again.
- Place the seeds in a clean, sanitized sprouting jar or other container with a lid that allows easy draining and air circulation.
- Do not add water. Seeds should be slightly damp, not wet.
- Twice a day (morning and evening) rinse with fresh water and drain.
- Continue to rinse and drain daily until sprouts are desired size.
- Rinse well before serving.
- Sprouts taste best when eaten fresh, but well-drained sprouts will keep up to one week in the refrigerator.



What are microgreens?

Microgreens are the shoots of herbs or vegetables picked just after the first leaves have developed. Research has found that the leaves from almost all microgreens have four to six times more nutrients than the mature leaves of the same plant.

Unlike sprouts, microgreens are planted in growing medium and require light to grow. You can grow microgreens from sprouting seeds.