

FRESH
SPROUTS 

Tips for your
**FRESH
SPROUTS**



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Welcome

Dear Sprout lover

I hope you will enjoy this free e-book. The book is part of the unique experience, I wish to create for you as a recipient of the newsletter.

If you have any questions, when you start growing your own sprouts, you are always welcome via chat, email or phone via FreshSprouts.net.

I look forward to sharing the fascinating world of sprouts with you.

Miriam Sommer
FRESH SPROUTS



Newsletter

Inspiration every week

The newsletter will give you:

- Green recipes with Sprouts
- Links to new videos
- Tips & Tricks for cultivation
- Discounts in the webshop
- Inspiration for a green lifestyle

Are you not signed up?

You can find the sign up form at
www.FreshSprouts.net.

Visit the Website



SPROUT CHART

The Sprout Chart shows germination info on organic sprouting seeds that you can grow in a SproutPearl sprouter from [FRESH SPROUTS](#).

You will also find the diagram in any manual for your new sprouter when you buy it from me.

Visit the Webshop

Sprout Chart

You can cultivate all FRESH SPROUT seeds in your SproutPearl.

VARIETY	AMOUNT	SOAK	SPROUT - MICRO		LEVEL
Broccoli	4	8	6	12	**
Fenugreek	7	8	2-6	12	*
Mung bean #	20	12	3-4	-	*
Endivie	3	8	8	14	**
Chickpea #	30	12	3-4	-	*
Clover	5	8	6	12	*
Kale	4	8	6	12	**
Lentil #	20	4	3	-	*
Alfalfa	6	8	6	14	*
Mizuna	4	8	6	12	**
Radish	7	8	6	12	*
Rape	4	8	6	12	**
Sunflower	10	8	7	14	*
Pea	20	4	2-3	14-21	*
Cress Δ	3	1/3	6	12	**
Mizuna Δ	3	1/3	6	12	**
Mustard Δ	3	1/3	6	12	**
Rucola Δ	3	1/3	6	12	**

AMOUNT Gram seed per half seed tray. Precise seed quantity is very important.

SOAK Hours a seed must be soaked in cool drinkable water before cultivation.

SPROUT-MICRO Days until your plants are ripe either as sprouts or microgreen.

LEVEL Difficulty level. #Variety is not suitable for microgreens. Δ Grow on cotton.



TIPS FOR SUCCESS

4 Tips & Tricks



SPROUTING SEEDS

Tip 1 Choose good Seeds



The first key to success with sprouts lies in the seed itself. When you buy seeds from dealers who are both organic and food approved by the EU Food and Drug Administration, you know that not only the seeds but also the delivery and storage of the seeds are under strict control. This is to your advantage because:

- A sprout can only be as healthy as the actual seed you grow the plant from. EU Certified seeds are also checked for high germination rate.
- Certified sprouting seeds are approved for food. This means that they are not random garden seeds that are sold for sprouting, but certified sprouting seeds.
- According to the law, sprouting seeds must be laboratory tested for harmful bacteria. You can only be sure of that if the company is EU food approved. This is important if you use your sprouts raw in food.
- EU certified sprouting seeds have a guarantee of the purity of the variety in each bag. This is important so that you always know that the plants grown from the seeds are edible for you.

Fortunately, you can find certified sprouting seed dealers all over the world. [At FRESH SPROUT you can find 23 varieties of 100% organic and certified sprouting seeds.](#)

CLEANLINESS

Tip 2 Keep it clean



Cleanliness is alpha and omega when you grow your own sprouts - Especially if you want to eat them raw.

Here are a few tips:

- Wash your hands thoroughly and dry them in a clean towel before handling your sprouter.
- Soak the seeds in a clean glass. Do not drink from the glass first, as the mouth is full of bacteria.
- Rinse with drinking water every morning and evening.
- Keep the table neat and clean around your sprouter.
- Pour the seeds out of the seed bag or use a clean spoon and close the bag afterwards to keep it airtight.
- Keep pets away from your sprouter at all times.
- Wash all parts of the sprouter after harvest. Use eco friendly dish soap, hot water and only clean cloths, sponges or brushes for cleaning. This is how you do not transfer unwanted bacteria to the sprouter.

If you follow these few rules, you will give yourself very good odds of enjoying delicious, fresh sprouts every time.

CONTAINER

Tip 3 Choose a good sprouter



The third prerequisite for success with your sprouts is a well-designed sprouting device.

The sprouter must be both easy for you to use, so that you can easily rinse the sprouts every day. It must also ensure a healthy balance between oxygen and moisture for your plants. This is because:

- Sprouts must be rinsed every morning and evening to prevent them from drying out. If a sprout dries out between rinses, it suffers drought damage and will quickly go bad.
- Despite the plants' need for constant moisture, they must not be directly wet or have roots in water. If they are wet/under water, the plants will suffocate and rot.
- Sprouts breathe like all plants. Therefore, the sprouter must allow the plants to get rid of excess heat and be able to get fresh oxygen.
- Sprouts need a clean environment to grow well. A well-designed sprouter makes cleaning easy after each use.

In [FRESH SPROUTS Shop](#), you will find the few sprouters on the market that meet the conditions mentioned. One of them is the [Sprout Pearl](#), which I designed myself as I wished for a beautiful and functional sprouter for you.

HUMIDITY

Tip 4 Keep the right balance



The final key to successful sprouting is water. Your sprouts need water for soaking and daily rinsing. My tips here are:

- Use only clean drinking water for your sprouts. This is how to avoid harmful chemicals and many bacteria.
- The water must always be clean, cool and fresh.
- Although the water should be cool, it should not be downright cold. It should feel nice against your skin.
- The water must be free of carbonation, taste, etc.
- Sprouts love gentle rays. If you grow delicate sprouts of Broccoli, Alfalfa and Clover they will especially appreciate a faucet adapter to turn the water into gentle water rays. A Faucet aerator will do this.
- You do not need to purify the water via carbon filters or other methods if the water is otherwise drinkable.
- In some countries, the chlorine content of the drinking water is high. Note that if you can smell chlorine in your water, your sprouts will not thrive with it.

Following these tips, your sprouts will enjoy their daily rinses, grow well, and become delicious and crunchy.



6 STEP GUIDE

From dry seed to crisp
sprout in just 2-6 days.





STEP 1

Measure seeds

Your sprouts grow best if there is an optimal balance between the amount of sprouting seeds and the size of the sprouter.

A good balance ensures that seeds and sprouts get rid of excess moisture and heat but still remain slightly moist between each rinse.

In all sprouters purchased from FRESH SPROUTS, you will receive a manual. The manual shows, among other things, the optimal amount of each variety of seed for the specific sprouter.

If you do not have a manual from FRESH SPROUTS, a good rule to remember is this:

Dry Lentils, Beans, Peas or Chickpeas must fill a maximum of $1/5$ of your sprouting jar. Other seeds must fill a maximum of $1/15$ in your sprout jar.

In containers with trays like the SproutPearl, you can fill each tray $3/5$ with dry legumes or $2/3$ with dry seeds. The seeds must always be distributed in a single layer in a tray.



STEP 2

Soaking seeds

Dry sprouting seeds are naturally dormant. It is nature's way of ensuring that the seed only begins to germinate when the right circumstances are present for survival of the plant.

To break seed dormancy, simply soak the seeds in a glass of clean, cool drinking water. The best place for the glass is on the kitchen table next to the sprouter. Over the next few hours, the seeds absorb the water.

There is a difference in the soaking time of each variety of seeds. Some have to be soaked for a few hours. Others must soak for up to half a day. You can see the specific soaking time for your variety on all seed bags from FRESH SPROUTS.

You can also see them in the Sprout Chart on page 5.

It is important that you respect the soaking time, as too long soaking causes the seeds to ferment. On the other hand too short soaking results in missing or uneven germination of the seeds.

STEP 3



Into the sprouter

When your seeds have soaked in water, they are ready to go into your sprouting container. Here the sprouts can grow big and crisp.

When the seeds are filled with moisture, they are much softer than dry seeds. Therefore, from now on, you should be careful not to damage seeds and sprouts during rinsing. A smart trick is to first pour as much of the soaking water as possible out of the glass. Then fill the glass with clean water again and pour the water and seeds into the sprout container.

Then rinse the seeds with clean, cool water for 10-20 seconds. The water that runs out of the container should end up being completely clear.

Finally, tilt the container slightly so that excess water can drain off. The sprouted seeds must be moist, but must not lie in water.

Finally, assemble the sprouting container so that the edges meet tightly.

STEP 4



Placement

Sprouts do not like being too hot. Conversely, drafts or cold are not optimal either. So sunny windowsills or next to the stove are a no go.

It was once thought that a sprouter should be kept dark to mimic the darkness down in the soil. There is no reason for that either. Darkness just makes your sprouts long and spindly and often gives them a stale taste from a lack of oxygen and ventilation.

The best place for your sprouter is on your clean kitchen table. In bright light but not in direct sun. Preferably close to the kitchen sink, so you easily remember to rinse 5-10 sec morning and evening.

If you think your sprouts are a little pale when they have unfolded their leaves, you can place the sprouter in a little brighter spot. Soon the sprouts will be beautiful and have deep colors.

If you live in a climate with polar nights or have a dark kitchen, an LED plant bulb can create the terms of a bright day for your sprouts.

STEP 5

Rinsing



Sprouts must be slightly moist at all times. If they dry out between your twice daily rinsings, two things will happen. In part, you stress the plants unnecessarily. In part, the plants suffer drying damage, which easily makes the sprouts go bad. Conversely, your seeds and sprouts should not lie in or have their roots in water. Here are some few tips to follow:

- Rinse your sprouts twice a day or three times in warm weather.
- Rinse for 5 - 10 seconds each time so that they are thoroughly moistened.
- Allow the container to drain excess water.
- Do not leave the roots covered with water.

A final tip is that the water jet itself must not be hard. Harsh rays and splashing water will break the delicate sprouts, so they end up rotting rather than becoming delicious and crispy.

To solve this you can either put a water aerator on your tap to disperse the rays. Or you can let the water flow into a corner of the sprouter so that the sprouts are rinsed but not hit directly by the water jet.

STEP 6

Harvest



After 2 to 6 days of cultivation, your sprouts are mature and ready for harvest. I write two to six days on purpose, as some sprouts only need a small, white root. Others must be grown until they develop small leaves. You can grow the third type of sprouts into either small root or leaves.

Lentils, Beans and Chickpeas are ripe when they have a root that is 1/2 to 2 cm long. They are eaten before the sprout grow leaves. You can eat the whole sprout.

Seeds with hulls such as Cress, Broccoli, Sunflower, Alfalfa, Radish, Rucola, Mustard etc. are cultivated until they unfold their leaves. You can eat it all.

You can grow Peas and Fenugreek either until their roots are only 1/2 cm long or until they have leaves. The choice depends on your taste. You can eat the entire Fenugreek sprout regardless of size. Pea sprouts with a 1 cm root can be eaten whole. However, on Pea shoots you eat only the stem with leaves without the pea itself nor the long roots.



4 TIPS

Tips to prepare your
sprouts for your plate



#1 Clean sprouts

You get the tastiest sprouts when they are nicely clean and full of water. You achieve this by placing your sprouts in a large bowl of cool water for 10 minutes after harvesting.

The water loosens the seed hulls, cleans the sprouts and lets them soak up water until they are deliciously crisp.

Feel free to change the water a few times until the sprouts are completely clean.

#2 All dishes

You can use sprouts in any dish.

In smoothies, mild sprouts such as Alfalfa, Clover, Sunflower and Peas go well with fruit and vegetables.

In salads, tapas, dips, wraps and sandwiches, only your imagination sets the limits for delicious combinations with the sprouts for decoration or ingredient.

In warm dishes and soups, especially the sturdy Lentils, Peas and Beans work well on the side or added just before serving. This is how the sprouts best retain their crispness.

#3 Seed hulls

You quickly notice that sprouts have seed hulls that they shed during growth. You can rinse the hulls off as in #1, but you can also eat the soft fibre-rich hulls from Broccoli, Fenugreek, Clover, Cress or Radish. The hard seed capsules on Fennel, Beetroot, Sunflower and Endive, on the other hand, are too hard on your stomach.

#4 Raw or heated

If you grow your sprouts from EU certified sprouting seeds and have ensured high hygiene in your cultivation, you can eat your sprouts raw. In the raw form, you get the most benefit from their many vitamins, minerals, proteins and antioxidants.

Note that Chickpea and Soybean sprouts need to be boiled for 3-5 minutes just before you eat them. This is because some may experience stomach issues from these two sprouts' natural trypsin inhibitors, even though they have the recommended root of 2.5 cm in length.



RECIPES

A few green recipes
with your fresh sprouts





SMOOTHIE

Greenie with Sprouts

You will need:

40 g organic mung beans for sprouts

4 handfuls of fresh spinach

$\frac{1}{4}$ cucumber

1 fresh lemon

3 chopped almonds

30 g crushed ice cubes

3 fresh berries as desired

[See the recipe](#)



PORRIDGE

Chia porridge

You will need:

15 g dry peas for sprouts

3 tbsp organic chia seeds

½ cup rice milk or almond milk

1 tsp sesame seeds

2 tbsp hemp seeds

1 tsp pumpkin seeds or flax seeds

1 dash cinnamon powder

[See the recipe](#)



SNACK

Pea sprouts with berries

You will need:

30 gr Peas for sprouts

5 Blueberries

5 Blackberries

Ice for cooling if preferred.

Edible glitter if served at a party.

[See the recipe](#)



SALAD

Salad with roasted Sprouts

You will need:

5 g Broccoli seeds for sprouts

40 g chickpeas for sprouts

2 cups fresh salad

2 slices of fresh red onion

2 tbsp raw sesame seeds

3 cm fresh cucumber

1 tsp oil for frying

1 tsp dry spices for frying

[See the recipe](#)



DIP

Hummus with Radish Sprouts

You will need:

60 g dry chickpeas for sprouts
1 can of cooked organic
and drained chickpeas
1 small clove of fresh garlic
2 tbsp organic virgin olive oil
3 cm fresh beetroot

1 small organic lemon
1 tbsp organic light tahini
1 pinch of salt
1 pinch fresh pepper
1 pinch minced cumin
A little cayenne pepper

See the recipe



ROLLS

Cucumber rolls

You will need:

7 g red radish seeds for sprouts

1 cucumber

1 ripe avocado

1 slice red onion

½ lemon

½ clove of garlic

[See the recipe](#)



SOUP

Warm pea soup

You will need:

70 g dry peas for sprouts
100 g frozen peas if you wish
to supplement the quantity
½ small onion
1 large clove of garlic
½ tin pre-boiled chickpeas
300 ml vegetable broth

Salt and pepper
Fresh water as needed
1 stalk parsley
2 stalks coriander
1 teaspoon fresh lemon juice
1 tablespoon full fat coconut
milk for decoration

See the recipe



MORE RECIPES

You can find more recipes
on www.FreshSprouts.net

Visit website





NEXT STEP

How you can start
your sprouting.



ARE YOU READY?

In FRESH SPROUTS shop you will find
30 varieties of seeds and many sprouters.

All seeds are 100% organic.

Seeds

Sprouters



Broccoli · Seeds



Rose radish · Seeds



Cress · Seeds



Mung bean · Beans



Sunflower · Seeds



Alfalfa · Seeds



Red beet · Seeds



Daikon radish · Seeds



Chickpea · Peas



Red radish · Seeds



Rucola · Seeds



Pea shoots · Peas



SproutPearl 1 tray



SproutPearl 2 trays



SproutPearl 3 trays



Gel seeds Sprouter

LEARN MORE

FRESH SPROUTS BOOK

Do you wish to learn how to grow all types of sprouts for your food? Then I have just the book for you.

FRESH SPROUTS - A Guide to Sprouting is an A-Z in home grown sprouts
In this book you will get:

- 100 pages filled with beautiful pictures.
- Insight into the 6 basic needs of every sprout.
- Thorough step by step guide.
- Presentation of the 5 sprout groups.
- Why the 5 groups of sprouts must be grown in their individual way.
- Tricks for easy and thorough cleaning of the sprouter.
- 14 green recipes with your fresh sprouts.
- Tips for longer shelf life of your plants.
- A list of 44 sprout varieties to grow in your own kitchen.

The book is written in easily accessible English with clear sections. Therefore, the book can also be used as a reference book for quick answers.

I have created the book in both printed and digital versions. This way you can enjoy the book exactly as it suits you.

You can find the book in print and digital version on iTunes, Kobo or Amazon. Just look up on my my full author name: Miriam Sasha Sommer.

[Or you can buy the book in print on FRESH SPROUTS shop.](#)

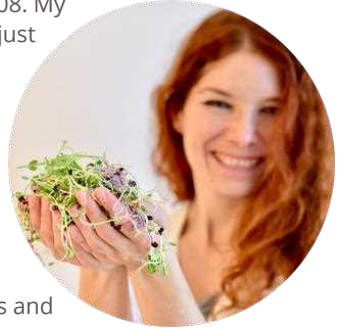


ABOUT FRESH SPROUTS

My great passion for sprouts started when I was a child growing sprouts with my mother. I was deeply fascinated that with just a little water every day I could help create something as perfect as mini plants. Even plants I could display and enjoy eating with the whole family.

Even then, I knew that one day I wanted to share my joy for the beauty of plants with the world around me.

I finished my masters in communication in 2008. My thought with FRESH SPROUTS was that it was just supposed to be a small website. Back then there was not other Danish websites on sprouts and the two Danish books on the subject were 25 years old. Ergo I thought that my project could benefit and inspire other green food lovers to grow and put more sprouts on their table.



The site was quickly followed by several videos and my book [FRESH SPROUTS - A Guide to Sprouting](#) in 2010.

Now there's not much fun in writing about sprouts if no one can grow them for want of seeds. So in 2014 I imported the first batch of organic sprouting seeds and opened [FRESH SPROUTS's webshop](#). Since then I've had fun improving and expanding the brand and learning a lot. I also put my SproutPearl sprouter into production in 2019.

It has now dawned on me that FRESH SPROUTS is my great passion. I believe we all have a unique dream inside. A beautiful sprout that can grow into joy for both yourself and others. FRESH SPROUTS is my contribution to the world.

I hope my story has inspired you to find your own.

Miriam Sasha Sommer
Owner of FRESH SPROUTS

*I wish you
great joy with
your own
Fresh Sprouts*

