

SproutChart

condensed from the book, *Sprout Garden: Indoor Grower's Guide to Gourmet Sprouts*

SEED	METHOD ¹	AMOUNT ² TUBE/JAR	SOAK HOURS	TEMP °F	RINSES PER DAY	DAYS	G ³	HARVEST INCHES	USES ⁴
ADUKI BEAN	AB	½ cup	5-10	65-85	3-5	2-4		½-1½	acdgiw
ALFALFA	ABC	2 tbsp	3-6	60-85	2-3	4-6	G	1½-2	achilv
ALMOND ⁵	ABD	2 cups	10-12	70-85	2-3	0-2		0-⅛	aghlpqtvx
BARLEY ⁵	AB	1½ cups	6-10	68-80	2-3	1-2		0-¼	acp
BUCKWHEAT	AB	1 cup	¼ ⁷	60-85	2-3 ⁷	2-3		¼-½	aij
Unhulled	E	—	8-14	65-80	—	8-15		4½-6	b
CABBAGE	AB	3 tbsp	4-8	60-85	2-3	3-5	G	1-1½	aily
Chinese	AB	3 tbsp	3-6	65-85	2-3	4-5	G	1-1½	aily
CHIA	F	—	—	65-85	—	3-5	G	1-1½	aj
CLOVER ⁶	ABC	2 tbsp	3-6	60-85	2-3	4-6	G	1½-2	acilp
CORN	AB	1½ cups	10-14	68-85	2-3	2-3		¼-½	dfimpqz
Popcorn	AB	1½ cups	10-14	68-85	2-3	2-3		¼-½	cdl
CRESS	F	—	—	50-72	—	4-5	G	1-1½	aiknp
FENUGREEK	ABE	¼ cup	4-8	65-85	2	3-6	G	1-2	acdgmw
FLAX	F	—	—	65-80	—	0-5	G	1-1½	ah
GARBANZO BEAN	AB	1 cup	8-12	68-85	3-4	2-4		½	amo
KIDNEY BEAN	AB	¾ cup	8-12	68-85	3-4	2-4		½-1	clm
LENTIL	AB	¾ cup	5-8	60-85	2-3	2-4		¼-1	acglmptuw
LETTUCE	ABE	3 tbsp	3-6	65-85	2-3	4-5		1-1½	k
MILLET ⁵	AB	1½ cups	5-7	70-80	2-3	1-2		0-⅛	aclpq
MUNG BEAN	AB	⅓ cup	5-10	68-85	3-5	3-5		1-3	adghilw
MUSTARD	ABE	3 tbsp	4-6	65-85	2-3	4-5	G	1-1½	aijls
OAT ⁵	ABD	1½ cups	3-5	68-80	1-2	1-2		0-¼	acglpqrz
PEA	ABE	2 cups	7-10	50-72	2-3	2-3		¼-½	acglu
PEANUT	AB	1 cup	8-12	68-85	2-3	3-5		¼-¾	dIm
PINTO BEAN	AB	¾ cup	8-12	68-85	3-4	3-4		½-1¼	cmo
PSYLLIUM	F	—	—	65-80	—	4-5	G	¾-1½	hj
PUMPKIN ⁵	AB	1½ cups	4-6	65-85	2	0-2		0-⅛	rtu
QUINOA	AB	⅓ cup	2-4	55-80	2-3	1-4	G	¼-1¼	afq
RADISH	ABE	3 tbsp	4-8	60-85	2-3	4-5	G	1-2	ailnv
RICE ⁵	AB	1½ cups	12-15	55-80	2-3	1-3		0-⅛	lr
RYE	ABE	1 cup	6-10	50-72	2	2-3		¼-½	alpqz
SESAME	AB	2 cups	6-8	68-80	3-4	2-3		⅛	acpqtuvx
SOY BEAN	AB	¾ cup	4-8	65-85	3-4	3-4		½-2	acImprw
SPINACH	ABE	3 tbsp	4-6	65-85	2-3	3-6	G	1-2	aj
SUNFLOWER	AB	1 cup	2-4	60-80	2	0-4		0-1	alpqtuv
Unhulled	E	—	10-14	60-80	—	8-15	G	3½-6	as
TRITICALE	ABE	1 cup	6-10	60-80	2	2-3		¼-½	alpqxz
TURNIP	ABE	3 tbsp	4-8	65-85	2-3	3-5	G	1-1½	ai
WHEAT	ABE	1 cup	6-10	55-80	2	2-3		¼-½	alpqsz

KEY 1. A=The Tube® or quart jar; B=bag; C=tray; D=towel; E=soil; F=clay. 2. The Tube® uses just over half amount shown. 3. "Green" in direct light on last day for chlorophyll. 4. a=salads; b=salads (lettuce substitutes); c=casseroles; d=stir-fried; e=baked goods (harvest in 2 days); f=baked; g=loaves; h=blend in drinks; i=sandwiches; j=garnish; k=garnish (strong flavor); l=soups; m=steamed; n=as spice (hot!); o=dip base; p=breads; q=cereals; r=baked dishes; s=juicing; t=sauces; u=dips; v=dressings; w=Oriental dishes; x=desserts; y=cole slaw; z=granola. 5. Viable seed not readily available; use even if no shoot appears. 6. Crimson clover is by far best. 7. Soak *no longer* than 15 minutes, then rinse *hourly* for 4 hrs, then rinse 2-3 times daily.