

How to grow seeds into edible sprouts in a jam jar



Created by Idle Women for Growing Together
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You will need

- Jar or clear plastic pot
- Seeds (see chart to choose which ones)
- Elastic band, hair band, string or wool
- Bit of fabric, muslin or cotton or old tea towel
- Warm and cold tap water
- Sieve or tea strainer (optional)

Instructions



Day 1

Put two tablespoons of seeds into a jar and cover with 2 inches of warm tap water, leave to soak over night.

Secure a piece of cloth using elastic band to make a lid



Day 2

Drain water from jar slowly – you can drain it through the cloth or use a sieve or strainer (don't lose the seeds!)

Rinse the seeds using fresh cold tap water then drain again and leave jar on a windowsill.



Day 3-7

Rinse seeds in fresh cold tap water like you did on day two, draining the water out through the cloth or a sieve. Do this twice a day for about a week.

Sprouts are ready when they are still small and just starting to go green. Eat right away or store in a fridge for a day or two.