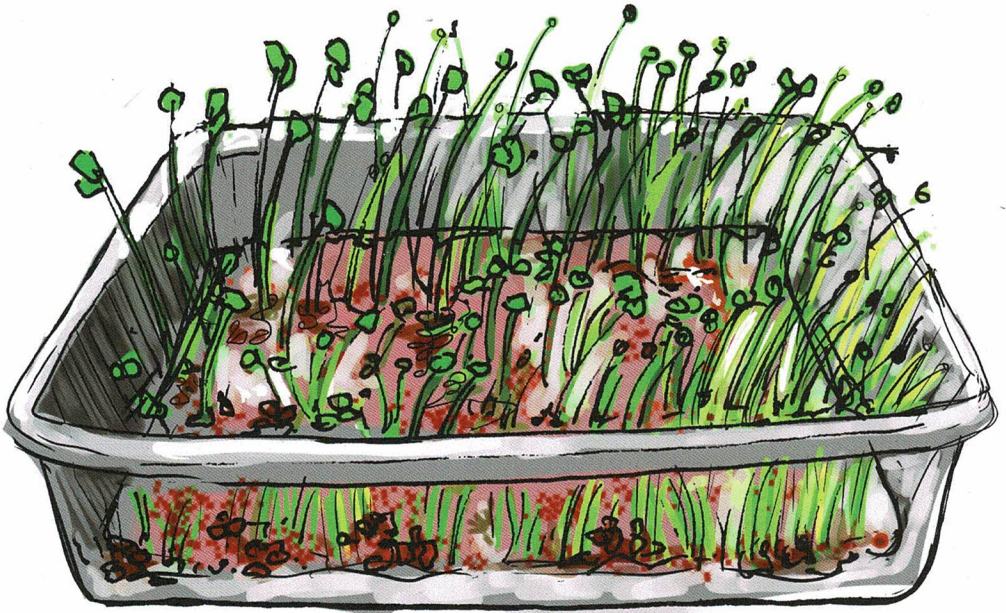


How to grow seeds into edible sprouts  
on tissue or cotton wool

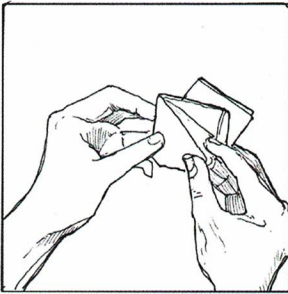


Created by Idle Women for Growing Together  
Illustrated by Nadia Rice @nadiariceartist  
[idlewomen.org](http://idlewomen.org)

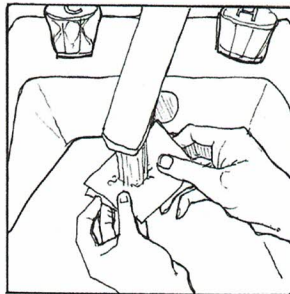
## You will need

Cotton wool pads or roll, kitchen roll or paper napkin  
Plate or tray  
Seeds (see chart to choose which ones)  
Cold tap water

## Instructions



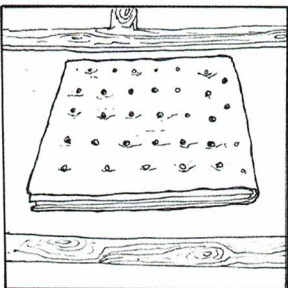
1. Fold kitchen roll or napkin into thick squares or place cotton wool pads onto a plate



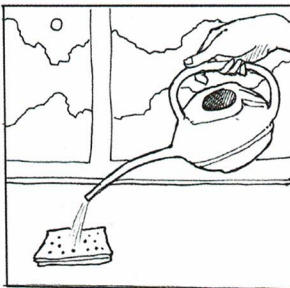
2. Wet the tissue (or cotton wool) using cold tap water



Tip: if you have cotton wool balls you can stuff them into a washed egg shell and grow your sprouts inside



3. Gently sprinkle seeds evenly onto tissue (or cotton wool)



4. Place on a windowsill and keep moist whilst you watch the seeds sprout