

# Seed Sprouting Instructions

A close-up photograph of a person's hand reaching into a clear plastic seed sprouter tray. The tray is filled with green sprouts, and the hand is positioned as if about to pick one up. The background is softly blurred, showing a wooden surface and a white lid of the sprouter.

*Botanical* INTERESTS®  
*Let us inspire and educate the gardener in you!™*

# *Botanical* INTERESTS® **Seed Sprouter**

*"We know you will enjoy  
growing perfect sprouts  
year-round."*

— *Judy, Buddy, and all  
your gardening friends  
at Botanical Interests*



## We wanted our seed sprouter to work better.

Our unique and easy-to-use design lets you grow up to four varieties of sprouts with one product!

- 🌱 Use tray dividers for each tray or remove to grow a larger batch of one variety in each tray.
- 🌱 Multiple trays for starting seeds every few days for a continuous supply of fresh sprouts.
- 🌱 Designed to hold optimal moisture for sprout success.
- 🌱 Great for refrigerator storage.



## Sprouter Care

- 🌱 Your entire Botanical Interests Seed Sprouter is top rack dishwasher safe, but we recommend hand washing all pieces if possible. Use warm, soapy water with a soft cloth, followed by rinsing with clean running water. Dry thoroughly.
- 🌱 Trays are not microwaveable.



# Growing Sprouts

1. **Wash all sprouter parts** with warm, soapy water and a soft cloth before first use.
2. **Although disinfecting sprouts is not necessary**, if you choose to, visit our Learn & Grow article on [www.botanicalinterests.com](http://www.botanicalinterests.com) for suggested disinfection methods.
3. **Soak suggested amount of seeds in separate bowls** (see table on opposite page). Use enough water to cover the seeds about three times their depth and allow to soak about 8–12 hours then drain out water.
4. **Insert tray divider** if desired.
5. **Spread seeds evenly in a single layer in the tray**. Seeds will expand when wet and will occupy approximately four times their initial volume.



6. **Stack additional growing tray if desired** and repeat steps 4 and 5.
7. **Add water-diffusing lid** to top of tray.
8. **Rinsing at least twice daily with lots of water is the key to growing sprouts successfully!** We recommend holding your seed trays with lid in place, over the kitchen sink without the base and running at least 6 cups of cool water through the water diffusing lid before replacing on the base to drain. Or, you can place your trays on the base and pour 2 cups of water at a time through the diffusing lid. Empty base after each rinsing (see image at left). Repeat three times for a total of 6 cups of water.
9. **Empty the base** when the growing trays are completely drained or before the next rinsing.
10. **Rinse at least twice a day.**

## General Rules and Tips for Sprouting

-  Rinse at least twice daily.
-  Optimal temperature for sprouting is 70°F.
-  Do not cover lid; allow for air circulation.
-  Sprouts are edible in approximately 2–7 days.
-  If mold/mildew occurs (sometimes indicated by unpleasant odor), discard the batch of sprouts/seeds and start over after washing and sanitizing all sprouter parts.
-  Grow in indirect light. NOTE: mung beans are best grown with minimal light to avoid bitterness.

## Storing Sprouts

Your Botanical Interests Seed Sprouter is perfect for storing fresh sprouts in the refrigerator. Use sprouts while at their peak of freshness.

## Sprouter Seed Measurements

Item #	Variety	Tablespoons of seed to fill 1/2 tray*	Notes
7814	Adzuki Bean	1	
7801	Alfalfa	1	
7812	Bean Mix	1	
7802	Broccoli	1	
7811	Buckwheat	1	
7805	Fenugreek	1	
7809	Garbanzo	2	
7810	Lentil	2	
7800	Mung Bean	2	
7804	Radish China Rose	1	
7813	Salad Mix	1	
7803	Sandwich Mix	1	

\*Double amount for full tray.



# Tasty Ways to Eat Your Sprouts

Enjoy healthy and nutritious sprouts at home any time of year. Sprouts are delicious in your favorite salads, soups, and sandwiches. Here are just a few more ways to enjoy your homegrown sprouts.

## Apple Jicama Slaw with Juicy Sprouts

4 medium-sized firm apples (Gala, Granny Smith, or Crispin work well)	½ c mayonnaise
1 large jicama	½ c sour cream
½ bunch of cilantro, finely chopped	1½ Tbsp sugar or other sweetener
2 c mung bean or fenugreek sprouts	Zest of 1 lime
4 scallions, finely chopped	Juice of 1 lime
	Salt and pepper

**Directions:** Peel the apples and jicama, then grate or julienne into matchsticks. Toss the cilantro, sprouts, and scallions with the apples and jicama. Whisk together the mayonnaise, sour cream, sugar, lime zest, and lime juice. Pour the mixture over the apple-jicama mix and stir until well coated. Add salt and pepper to taste. Serve well chilled. Serves about 8.

## Asian Lettuce Wraps with Ginger Sesame Dressing

<i>Filling:</i>	<i>Dressing:</i>
1 c radish or broccoli sprouts	3 cloves garlic, minced
½ large red sweet pepper, sliced thin	2 Tbsp fresh ginger root, minced
1 carrot, grated or cut into matchsticks	3 Tbsp honey
1–2 Tbsp of cilantro, finely chopped	¾ c olive oil
½ cucumber, cut into matchsticks	⅓ c rice vinegar
1 c shredded Chinese cabbage	½ c soy sauce
1–2 heads of Buttercrunch or other bibb lettuce	2 Tbsp sesame oil

**Directions:** Toss together sprouts, pepper, carrot, cilantro, cucumber, and Chinese cabbage. Mix together the dressing ingredients until well combined. Dress tossed vegetables to the desired level of saturation. It is not necessary to use all of the dressing. Remove whole leaves from the lettuce head, rinse well, and pat dry with a clean cloth. Fill individual leaves with about ½ cup of the filling. Serve with optional hot pepper flakes or a squeeze of lime. Serves 8.

## Bacon, Sprout, and Tomato Sandwich with Avocado Aioli

- ½ ripe avocado
- 1–2 Tbsp mayonnaise
- ½ tsp lemon juice
- ¼ tsp smoked paprika
- Garlic powder, salt, and pepper to taste
- 2 large slices of thick cut crusty bread, toasted
- 3 strips of hickory smoked bacon, cooked until crisp
- ⅓ c Sandwich Mix sprouts or alfalfa sprouts
- 1 slice of heirloom tomato (remove seeds if desired)

**Directions:** Blend avocado, mayonnaise, lemon juice, paprika, garlic powder, salt, and pepper until smooth to create the aioli. Spread aioli generously on each piece of toasted bread. Layer on the bacon, sprouts, and tomato. Serve with rutabaga fries and a beer or your favorite refreshing beverage.

## Lentil Sprout Tacos

### *Tacos:*

- 1 1/2 cup fresh lentil sprouts
- 1 small white or yellow onion, finely chopped
- 1 tablespoon olive oil
- 1/2 tablespoon chili powder
- 3/4 teaspoon cumin
- 1/8 teaspoon dried oregano
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1/8 teaspoon paprika
- salt and pepper
- 6 taco shells

### *Topping suggestions:*

- Avocado
- Shredded cheese
- Tomato
- Cilantro
- Black olives
- Green onions
- Salsa

**Directions:** In a large bowl, mix lentil sprouts, onion, olive oil, and spices. Add salt and pepper to taste. Fill taco shells with the mixture. Use suggested toppings, if desired. Makes six tacos.

*Botanical Interests Sprouting Seeds  
are available at your favorite garden  
center, gourmet grocer, or online at  
[www.botanicalinterests.com](http://www.botanicalinterests.com)*

**Certified Organic Sprouting Seeds:**

- |   |   |
|---|---|
|  Adzuki Bean |  Garbanzo          |
|  Alfalfa     |  Lentil            |
|  Bean Mix    |  Mung Bean         |
|  Broccoli    |  Radish China Rose |
|  Buckwheat   |  Salad Mix         |
|  Fenugreek   |  Sandwich Mix      |



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