

# Sprouting Seed Measurements

Variety	Seed Amount	Yield	Approximate Days to Harvest	Harvest when...
Adzuki	1/2 cup	1 c sprouts	2–4	Root is first seen
Alfalfa	2 Tablespoons	4 c sprouts	4–6	Root is 1"–2" long, with first leaves
Bean Mix	1/2 cup	almost 2 cups	2–3	Root is first seen
Broccoli	1 Tablespoon	1½ c sprouts	4–6	Root is 1"–2" long, with first leaves
Buckwheat	2/3 cup	1c sprouts.	1–2	Root is first seen
Fenugreek	1 Tablespoon	1 c sprouts	3–4	1/2"–1" long, best flavor before leaves emerge
Garbanzo	3/4 cup	3/4 c sprouts.	3–4	Root is first seen to 1/2"
Lentil	1/2 cup	1 c sprouts	3–4	Root is first seen
Mung Bean	1 cup	2 c sprouts	3–5	Root is 1/2"–1"
Radish	1 Tablespoon	1½ c sprouts	4–6	Root is 2"–4" long, with first leaves
Salad Mix	1 Tablespoon	1½ c sprouts	5–7	Root is 1"–2" long, with first leaves
Sandwich Mix	1 Tablespoon	1½ cups sprouts	5	Root is 1"–2" long, with first leaves