

Sprouting Chart (used at Hippocrates)

Seed Type	Dry Measure	Soak for	Sprout for	Yield	Length at Harvest	Tips
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Nuts — soak in cool-to-warm water (no peanuts or cashews)						
All	1 cup	12 hrs	0 hrs	2 cups	None	Store in water or fridge

Hulled Seed — soak in cool water						
Hulled pumpkin	1 cup	4 hrs	24 hrs	2 cups	1/8"	
Hulled sunflower	1 cup	4 hrs	24 hrs	2 cups	¼ - ½"	
Hulled sesame	1 cup	4 hrs	12 hrs	1½ cups	1/8"	Bitter if sprouted longer
Hulled buckwheat	1 cup	15 min	24 hrs	2 cups	1/8"	Buy raw groats only

Small Grains (alkalizing grains) — soak in very-warm water						
Amaranth	1 cup	3 hrs	24 hrs	3 cups	1/8"	Aztec grain
Millet	1 cup	5 hrs	12 hrs	3 cups	0 - 1/8"	Most alkalizing
Quinoa	1 cup	3 hrs	24 hrs	3 cups	¼"	Incan grain
Teff	1 cup	3 hrs	24 hrs	3 cups	1/8"	Ethiopian grain

Large Grains (more acid-forming grains) — soak in very-warm water						
Barley	1 cup	6 hrs	12 hrs	2½ cups	None	Will not sprout
Corn	1 cup	12 hrs	36 hrs	4 cups	½"	
Rye	1 cup	6 hrs	36 hrs	3 cups	¼"	
Spelt	1 cup	6 hrs	36 hrs	3 cups	¼"	Primitive wheat
Triticale	1 cup	6 hrs	36 hrs	3 cups	¼"	Hybrid of wheat and rye
Wheat	1 cup	6 hrs	36 hrs	3 cups	¼"	

Beans & Legumes — soak in very-warm water to convert starches						
Adzuki	½ cup	8 hrs	3 days	4 cups	1"	Grow under pressure
Mung	1/3 cup	8 hrs	4 days	4 cups	2"	Grow under pressure
Chickpeas	1 cup	12 hrs	3 days	4 cups	1"	Complete protein
Lentils	¾ cup	8 hrs	3 days	4 cups	1"	
Green peas	1½ cups	8 hrs	3 days	4 cups	1"	
Lima	2 cups	12 hrs	12 hrs	4 cups	0"	
Pinto	1 cup	12 hrs	3 days	4 cups	1"	
Northern white	1½ cups	12 hrs	12 hrs	4 cups	0"	

Small Vegetables (develop chlorophyll) — soak in cool water singles or in mixes						
Alfalfa	3 Tbsp	5 hrs	5 days	4 cups	2"	
Cabbage	3 Tbsp	5 hrs	5 days	4 cups	1½"	
Clover	3 Tbsp	5 hrs	5 days	4 cups	2"	
Fenugreek	¼ cup	6 hrs	5 days	4 cups	2"	Fragrant
Garlic	¼ cup	5 hrs	5 days	3 cups	1"	Milder than bulb garlic
Kale	¼ cup	5 hrs	5 days	4 cups	1"	
Mustard	3 Tbsp	5 hrs	5 days	4 cups	1½"	Spicy
Onion	¼ cup	5 hrs	5 days	3 cups	1½"	
Radish	3 Tbsp	6 hrs	5 days	4 cups	2"	Spicy
Turnip	3 Tbsp	6 hrs	4 days	4 cups	1½"	

Basics of Sprouting:

Obtain seed for sprouting. Store in bug-proof containers, away from extreme heat/cold. Seed should be viable, and, to extent possible, free of chemicals.

Basic steps in sprouting are:

- measure out appropriate amount of seed, visually inspect and remove stones, sticks, weed seed, broken seeds, etc.

- rinse seed (if seed is small and clean, can usually skip this rinse)

- soak seed in water for appropriate time

- rinse soaked seed, put in sprouting environment for appropriate time

- service seeds (rinse) in sprouting environment as needed

when ready, rinse seeds. Store in refrigerator, in sprouting environment or in other suitable container until ready to use. If not used within 12 hours, seeds should be serviced (rinsed) every 24 hours in refrigerator. Best to eat as soon as possible, as freshness is what makes sprouts special!

Happy Sprouting!

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