



Broccoli

Start with a clean wide-mouth quart jar and sprouting lid



- Place 1 Tbsp of sprouting seeds in the jar, add 2 cups of cool fresh water, cap with sprouting lid, and soak seeds for two hours only.



- With cap on, drain, rinse with fresh water, drain again, and store jar upside down in a clean bowl at an angle so water can continue to drain.



- Repeat the rinsing and draining every 8-12 hours for 3-5 days.

- Put jar upright in a sunny spot to green up the sprouts on the last day. Now they are ready to eat! Store sprouts in the refrigerator for up to a week. If not stored in an airtight container, rinse sprouts with water each day to keep them moist.

Ingredients: Broccoli seeds. Enough seed for 7 batches!

May contain wheat, soy, or mustards. Produced in a facility that also processes peanuts, tree nuts, milk, eggs, sesame, and shellfish.

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