

Broccoli Sprout Growing Guide

What You Need

- Organic broccoli sprouting seeds
- Mason jar or sprouting jar
- Mesh sprouting lid
- Clean, cool water

Step-by-Step Instructions

1. Measure & Rinse

Add 1–2 tablespoons of broccoli sprouting seeds into a clean glass jar. Rinse thoroughly with cool water.

2. Soak the Seeds

Fill the jar with enough water to cover the seeds by about 2 inches. Soak for 8–12 hours.

3. Drain & Set Jar at an Angle

Drain the water using the sprouting lid. Rest the jar upside down at a slight angle to drain excess water.

4. Rinse Twice Per Day

Rinse and drain your seeds every 12 hours to prevent mold and promote healthy sprouting.

5. Grow for 3–5 Days

Watch sprouts grow! They're ready when they reach 1–2 inches long and have small green leaves.

6. Final Rinse & Refrigerate

Give sprouts a final rinse, remove seed hulls if desired, and store in the refrigerator for 5–7 days.

Tips for Best Results

- Keep jar in indirect light.
- Avoid standing water to prevent mold.
- Use seeds specifically labeled for sprouting.

Enjoy!

Add fresh broccoli sprouts to salads, smoothies, sandwiches, bowls, and more for a powerful nutrient boost.