

# How to Grow Broccoli Sprouts



# What you will need

- Wide mouth mason jar
- Sieve lid
- Organic broccoli seeds

# Instructions

Make sure your jar has been sterilised and is clean.

Add 2 tbsp of broccoli seeds into the jar.

Cover the seeds with water and rinse three times.

After the third time, cover the seeds, making sure all the seeds are covered and then store in a dark place for 8 hours.

After 8 hours, drain the seeds, and then rest it on a stand or a bowl to drain off any excess water. After an hour you could rest the jar on the side.

The following day, and for the next 4-5 days, cover the seeds with water then drain, 1 st thing in the morning and in the evening.

After the 2nd or 3rd day, you will see the seeds splitting to reveal the beginning of a sprout. Do not harvest them yet.

Keep rinsing twice a day and then draining, making sure all excess fluid is completely drained away.

You will notice the sprouts grow quite quickly now and some leaves might be yellow.

The more sunlight it is exposed to the better so that the leaves can turn green.

Sprouts are ready to be picked and eaten when the leaves are a darker shade of green and longer than an inch in length.

Line the container that you are going to store your seeds in with paper towel to absorb any excess water. Remove sprouts from the jar. They are now ready to eat.

*Enjoy. Store in the fridge for up to 10 days.*

