



# Seed Sprouting Chart

SEED	METHOD	AMOUNT	SOAK	TEMP	RINSES	SPROUT TIME	LENGTH	GREENED	PRICE	KEY
Azuki Bean	jar	1/2 C	12	65-85	3-4	3-4	1/2 - 1 1/2		.79	C = Cup T = TBSP
Alfalfa	jar, tray	2 1/2 T	8	60-85	2-3	4-6	1 1/2 - 2	Yes	2.45	
Almond	jar, towel	2 C	16	70-85	2-3	3-4	1/4		3.69	GREENED = These sprouts can be put near a window where their leaves will develop chlorophyll and turn green.  LS = Length of seed.
Barley	jar	1 1/2 C	12	68-80	2-3	2-3	LS		.39	
Buckwheat (Unhulled)	soil	NA	20	65-80	NA	8-12	5 - 7		.59	
Cabbage	jar	1/4 C	10	60-85	2-3	3-5	1 - 1 1/2	Yes	2.85	
Chia	clay	NA	NA	65-85	NA	3-5	1 - 1 1/2	Yes	2.98	
Chinese Cabbage	jar	3 T	8	65-85	2-3	4-5	1 - 1 1/2	Yes	2.19	
Clover	jar, tray	2 1/2 T	8	65-85	2-3	4-6	1 - 1 1/2	Yes	2.39	
Corn	jar	1 1/2 C	20	65-85	2-3	2-3	1/2		.29	
Cress	clay	NA	NA	50-72	NA	4-5	1 - 1 1/2	Yes	3.85	
Fenugreek	jar	1/4 C	10	65-85	2	3-5	1/2 - 2		1.53	
Flax	clay	NA	NA	65-80	NA	2-5	1 - 1 1/2	Yes	.69	
Garbanzo Bean	jar	1 C	14	68-85	3-4	3	1/2		1.10	
Kidney Bean	jar	3/4 C	14	68-85	3-4	3-4	1 - 1 1/2		.87	
Lentil	jar	3/4 C	10	60-85	2-3	2-3	1/4 - 1/2		.75	
Lettuce	jar	3 T	8	65-85	2-3	4-5	1 - 1 1/2	Yes	4.98	
Millet	jar	1 1/2 C	10	70-80	2-3	3	1/4		.45	
Mung Bean	jar	1/3 C	15	68-85	30-4	3-5	1 - 3		1.29	
Mustard	jar	3 T	8	65-85	2-3	4-5	1 - 1 1/2	Yes	1.29	
Oat	jar, towel	1 1/2 C	1	68-80	1-2	3	LS		.39	
Pea	jar	2 C	12	50-72	2-3	3	1/4 - 1/2		.75	
Peanut	jar	1 C	14	68-85	2-3	3-4	1/4 - 1		1.39	
Pinto Bean	jar	3/4 C	14	68-85	3-4	3-4	1 - 1 1/2		.83	
Popcorn	jar	1 1/2 C	16	68-85	2-3	2-3	1/2		.45	
Psyllium	clay	NA	NA	65-80	NA	4-5	1 - 1 1/2	Yes	3.08	
Purslane	clay	NA	NA	65-80	NA	4-5	1 - 1 1/2	Yes	4.39	
Pumpkin	jar	1 1/2 C	10	65-85	2	2-3	1/4		3.59	
Radish	jar	3 T	10	60-85	2-3	4-5	1 - 2		2.39	
Rice	jar	1 1/2 C	12	55-80	2-3	3-4	LS	Yes	.49	
Rye	jar	1 C	12	50-72	2	2-3	LS		.25	
Sesame	jar	2 C	10	68-80	3-4	3	LS		.95	
Soybean	jar	3/4 C	12	65-85	3-4	3-4	1/2 - 2		.39	
Spinach	jar	3 T	10	65-85	2-3	3-5	1 - 2	Yes	4.98	
Sunflower (Hulled)	jar	1 C	10	60-80	2	2-5	1/4 - 1 1/2		1.19	
Sunflower (Unhulled)	soil	NA	20	60-80	NA	8-12	4 - 6		.75	
Triticale	jar	1 C	12	60-80	2	2-3	LS		.34	
Turnip	jar	3 T	10	65-85	2-3	3-4	1 - 1 1/2	Yes	2.39	
Wheat	jar	1 C	12	60-80	2	2-3	LS		.23	

(Per  
Qt Jar)

(Hours)

(°F)

(Per  
Day)

(Days)

(Avg  
\$/Lb.)