



Sprouting 103 - Seed Recommendations

If you are just starting out, here is a list of our top recommendations for a well-rounded, healthy and nutritious sprout yield.



Alfalfa sprouts are a popular sprouting variety featuring a mild taste. Add it to any dish for a big dose of nutrition and extra crunch. They are an excellent source of minerals, calcium, magnesium, and potassium – all crucial for muscle and bone health.

Alfalfa seeds will take 3-7 days to sprout. Be sure to eat them raw since the nutritional value in these sprouts will diminish when cooked.



Beet sprouts are more challenging to grow and take longer to sprout (typically 11-21 days from seeds), but they are worth the wait! Their taste is slightly earthy and sweet, like full-sized beets. Their striking hot pink stems and bright green leaves make any dish pop.

Not only do they look good, they're loaded with nutrients like Vitamin A, B, C, E, and K. They're also packed with iron, calcium, and protein.



Broccoli sprouts don't taste like broccoli but add a mildly spicy, nutty flavor to any dish. They also add a striking green color to your dishes, are high in antioxidants and are a good source of fiber, folic acid, and vitamins A, C, and K.

Expect edible-sized sprouts from seed after 5 days. Like most thin sprouts, these are best consumed raw to maintain their nutritional structure and value.

Sprouting 103 - Seed Recommendations *(continued)*



Chickpea sprouts and other beans are sometimes difficult to digest, and sprouting helps to improve digestion. They are also more protein-rich than other sprouts and are packed with many nutrients such as Vitamin C and iron.

Since chickpeas are larger, they need to be soaked for longer and require more frequent rinsing and draining. They are one of the quickest beans to sprout (2 days). Enjoy them raw in salads or cooked in soups and burgers.



Green pea sprouts grow tasty, refreshing sprouts and have a sweet, mild flavor that adds crunch to salads or sandwiches. They are packed with Vitamin A, B, and C and minerals such as calcium, iron, and phosphorus.

Expect to harvest sprouted green peas in as little as 2-3 days. Due to their size, green peas need to soak longer and require more frequent rinsing and draining.



Kale sprouts have a unique shape with grey-green and violet purple-toned veins. They provide a crisp texture with a sweet flavor and undertones of nuts, pepper, and classic brassica bite. Kale sprouts are a good source of vitamin C, folic acid, calcium, and potassium and can be enjoyed both raw or cooked by lightly sauteeing them.

You can harvest kale sprouts in 3-6 days, depending on how long you want them to grow.



Sprouting 103 - Seed Recommendations *(continued)*



Lentil sprouts contain the most protein of all sprouts, are very low in calories, and will add great crunch with a rich, nutty flavor to any dish. They are rich in vital nutrients such as thiamine, copper, manganese, iron, and vitamin C.

Lentil sprouts can be eaten raw or lightly cooked to soften in 2-4 days after sprouting. Remember that split lentils won't sprout; you must purchase whole lentils.



Mung bean sprouts are another popular sprout. They originated in Asia and are widely used in diets there and in the West. They are high in protein and fiber, low in calories, and rich in vitamin C, calcium, and iron. With their mildly nutty flavor and bigger size, they go well in cooked dishes such as stir-fry or eaten raw in salads.

These sprouts take just 3-4 days to grow to an edible size and typically have 2-4 inch long white stalks.



Mustard sprouts look very similar to alfalfa sprouts and have a spicy, earthy flavor. They add a bit of spiciness to sprout blends or are great on their own. They are loaded with vitamins and minerals, including calcium, iron, zinc, magnesium, and selenium.

Mustard sprouts are ready to harvest in 3-6 days. The longer the sprouts mature, the more intense the flavor will become.



Sprouting 103 - Seed Recommendations *(continued)*



Radish sprouts come in just as many diverse varieties and taste similar to mature radishes but are less spicy. Their slender white and red stems look stunning as a garnish on salads, sandwiches, sushi, or tofu scramble.

Radish sprouts are rich in vitamin B and C, folate, and manganese and will sprout within 3-6 days from seeds.



Red clover sprouts have a long white, thin stalk with a light green top, providing a mild flavor and crunch. You can harvest red clover sprouts within 5-6 days from seeds. Due to their fragility, they should be eaten raw to maintain the nutrient content.

Like many other sprouts, these sprouts are rich in protein, vitamins, iron, and calcium.



Sunflower sprouts are another interesting sprout to add to dishes with their nutty flavor, more prominent size, and crunchier, crispier texture. They are loaded with vitamin D, calcium, and iron. These sprouts are more calorie-dense and high in fat (mostly healthy unsaturated fat), so go easy.

Expect a harvest within 12-14 days, since they will take longer to grow due to their size.

