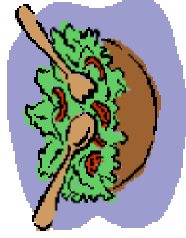


Sprouting Recipes

Lentil Tabouli Salad

- 3 Cups green lentil sprouts
- 1 Bunch green scallions, tops included
- 2 Bunches parsley, chopped
- 1 Small bunch celery chopped very fine
- 2 Cucumbers finely chopped
- 3-4 Medium tomatoes finely chopped



In large bowl, mix all ingredients. Toss with salt, fresh cracked pepper, lemon juice and olive oil to taste. Serve well chilled wrapped in green leaf lettuce leaves. Eat & Enjoy!

Alfalfa Sandwich Spread

- 4oz Softened cream cheese
- 2 T. Minced chives
- 1/4 Cup alfalfa sprouts

Mix together and spread on favorite bread. Watercress may also be used. Enjoy!!

California Easy Pita



- 1 Pita bread
- 4 Slices del-thin oven roasted turkey breast
- 2 tsp Alfalfa sprouts
- 2 Slices tomato
- 2 Slices cucumber
- 1 tbsp ranch dressing

Fill pits bread half with turkey, sprouts, tomato and cucumber. Drizzle with dressing. Makes 1 sandwich.

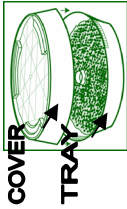
Sprout Garden™ Instructions For Use



SPROUTING TEN REASONS WHY

- ▼ PENNIES PER SERVING
- ▼ SIMPLE & EASY TO GROW
- ▼ READY QUICKLY
- ▼ TOXIN-FREE FOOD
- ▼ COMPLETE FOOD
- ▼ TASTY & DELICIOUS
- ▼ HIGHLY NUTRITIOUS
- ▼ LOW CALORIES/FAT
- ▼ DETOX YOUR BODY
- ▼ BUILD YOUR IMMUNE SYSTEM

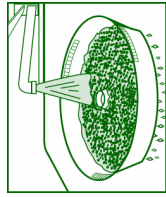
HOW TO USE YOUR SPROUT GARDEN™



COVER
TRAY

Your "Sprout Garden" includes one instruction sheet, one warranty card, one 2oz Organic Alfalfa, & 3 growing trays w/ drainage holes and 4 covers that also act as drain boards. Before you first use your "Sprout Garden", wash and rinse well, then go on to Step One. The amount of seed needed per tray is:

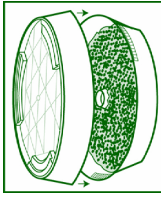
Seed Type	Amount Per Tray
Alfalfa, Cabbage, Broccoli, Clover & 3 & 5 Part Salad Mix	2.5 Tablespoons
Grains - Wheat, Barley & Rye	1 Cup
Legumes - Beans, Peas & Lentils	3/4 Cup



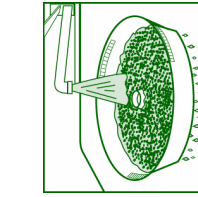
1. Select the amount and types of seed you would like to sprout and pour separately into 3 sprouting covers. Fill with water and soak according to the Simple Sprouting Chart on the next page.



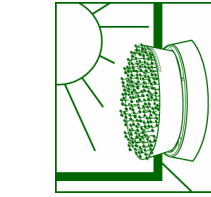
2. Pour the soaked seeds into a sprouting tray. Rinse thoroughly. A light rinse of water will help spread the seeds evenly on the bottom of the tray. Allow to drain completely.



3. Cover each tray and stack. The 4th cover goes on the bottom as if there is a tray underneath. Place on counter away from direct sunlight to avoid overheating. Since your sprouter is dark in color there is no need to cover to keep sunlight out.



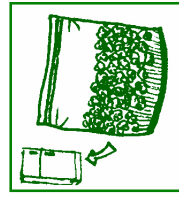
4. Rinse and drain thoroughly. Although 3 to 4 times per day is best, once in the morning and once in the evening is sufficient. Please note: This is not a self draining system. It is necessary to un-stack your trays, rinse under a faucet, drain, then restack. It may be necessary to run your fingers under the tray along the drain holes to assist in proper draining.



5. On about the 3rd or 4th day when the sprouts have filled your tray, uncover and place in sunlight to develop chlorophyll (see Simple Sprouting Chart for exact sprouts required). A sunny windowsill or countertop will do fine, for about a day. Rinse at least twice on this day as well.



6. Harvest by cleaning to remove the hulls. This can be done two ways. The first is to fill the tray with water and tilt slightly to allow the water and hulls to exit ports on the side of the trays. The second and most thorough way to is remove all sprouts from the tray, submerge in a sink of water for a few minutes and allow the hulls to float on top, then scoop off.



7. Sprouts will stay fresh and hearty for a week or more when refrigerated as long as you rinse and drain them every day or two, or when you get them out to eat. You can even give the green sprouts an extra hour of sunlight after rinsing to keep them at their peak.

SIMPLE SPROUT CHART

The following chart lists all the sprouting seeds and salad mixes available from Handy Pantry Distributors. It condenses the basic sprouting information you will need into a simple, handy guide.

SPROUTING CHART

SEED	METHOD	AMOUNT QT./JAR	SOAK HOURS	TEMP. °F	RINSES PER DAY	DAYS	HARVEST INCHES
Alfalfa ¹	Jar/Tray	1 1/2 Tbsp.	6-8	65-85	2-3 x	3-5	1 1/2
Barley	Soil	1-2 Cups	10-12	65-85	2x	7-10	4-8
Bean Salad ^{1,4}	Jar/Tray	Cup	10-12	65-85	2-3 x	2-5	1/4-3
Broccoli	Jar/Tray	2 Tbsp.	6-8	65-85	2-3 x	4-6	1-1 1/2
Buckwheat	Soil	1 Cup	10-12	65-80	2-3 x	8-15	4 1/2-6
Chinese Cabbage ¹	Jar/Tray	2 Tbsp.	6-8	65-85	2-3 x	3-5	1-1 1/2
Fenugreek ¹	Jar/Soil	1/4 Cup	8-12	65-85	2 x	3-6	1-2 (grass 4-6)
Garbanzo	Jar/Tray	1 Cup	12	65-85	2-3 x	2-3	1/2-3
Green Pea	Jar/Tray	1 Cup	12	65-85	2-3 x	2-3	1/2
Lentil	Jar/Tray	3/4 Cup	8-12	60-85	2-3 x	2-4	1/4-1
Mung Bean ¹	Jar/Tray	1 Cup	12-18	70-85	3-4 x	3-5	1-3
Radish ¹	Jar/Soil	2 Tbsp.	6-8	65-85	2-3 x	3-5	1-2 (grass 4-6)
Red Clover ¹	Jar/Tray	2 Tbsp.	6-8	65-85	2-3 x	3-5	1 1/2-2
Red Winter Wheat	Tray/Soil	1 Cup	10-12	55-75	2 x	2-3	1/4-1 1/2 (grass 6-8)
Soybean	Jar/Tray	1/2 Cup	12	65-85	2-3 x	2-5	1/2
Sunflower ³	Tray/Soil	1 Cup	10-14	60-80	2 x	2-4	1/2-1 (grass 4-6)
3 Part Salad Mix ^{1,4}	Jar/Tray	1 1/2 Tbsp.	6-8	65-85	2-3 x	2-5	1-1 1/2
5 Part Salad Mix ^{1,4}	Jar/Tray	2 Tbsp.	6-8	65-85	2-3 x	2-5	1/4-4

Notes: ¹ Green with sunlight during the last day to develop chlorophyll.

² Grow in dark, allow to soak for a minute when rinsing.

³ Will get bitter if allowed to develop green leaves.

⁴ Cold final rinse extends storage life.

Sample taste your growing sprouts occasionally to find when they taste best to your palate. If possible, use a carbon filter if your water supply contains chlorine. Space rinsing times evenly over the day. Morning and evening rinsing is usually easiest.

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