

From the video HOW TO SPROUT SEEDS - SPROUTING MADE EASY

—[Joanna Banana Strawberry](#)

In this video we discuss how to get started growing your own sprouts from home. Sprouting trays (<https://amzn.to/2XFYyq1>) make this process easy.

1. Soak 2 tablespoons of sprouting seeds in a jar with water for 12 hours
2. Pour seeds into sprouting tray and rinse well
3. Rinse seeds/sprouts every 12 hours for 5 days
4. Harvest and enjoy!

You'll find links below to all the equipment we used in this video.

SPROUTING:

Sprouting Kit with Trays: <https://amzn.to/2XFYyq1>

Broccoli seed Mix: <https://amzn.to/34eECNB> (This mix will grow broccoli sprouts, alfalfa sprouts, red radish, and clover sprouts all in one tray, a good mix to start with!)

Salad spinner: <https://amzn.to/2qvrB3D>

MY FAVORITE SPROUT SEEDS:

Broccoli seeds: <https://amzn.to/2XEPbHf>

Alfalfa seeds: <https://amzn.to/2XDgeCK>

Clover seeds: <https://amzn.to/35DVwFJ>

SEED STORAGE:

Wine Rack for mason jars: <https://amzn.to/2DnYipn>

SPROUT STORAGE:

Rubbermaid FreshWorks storage container: <https://amzn.to/38hTBJK>

MICROGREENS:

Hydroponic growing pads for Microgreens: <https://amzn.to/2O1Hzdz>

Microgreen trays: <https://amzn.to/2T9QRuy>

My favorite microgreen seeds ("Sunnies"): <https://amzn.to/34gOVjU>

Grow lights: <https://amzn.to/2VOPX4J>

Apple Fennel Salad:

- 1 Granny Smith apple thinly sliced or chopped
- 1 Fennel bulb thinly sliced, plus a few fronds
- 1 Leek bulb thinly sliced
- 2 Stalks celery, chopped
- 1 cup chopped walnuts
- 1/3 cup dried cranberries
- 2-3 Tb Sir Kensington's Golden Citrus <https://amzn.to/3y7DUjJ>

Mix all ingredients and serve or chill in fridge for up to 4 days.
Serves 6.

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