Moles Seeds

Sprouting Seeds

Cultural Leaflet: ZZ615

There are two stages to growing sprouting seed, the first is pre-germination and second is the actual germination/ sprouting stage.

Pre-germination

Step 1 is the same for all varieties no matter which germination/ sprouting method is selected, and this is to soak the seeds in water at room temperature - there should be enough water to cover the seeds.

When choosing a container to soak your seed in bear in mind that seeds swell up to 4 times their original size during this period.

The seeds should be left for roughly 12 hours as a guide, beans and grains need at least this length of time and smaller seed may need less.

Germination / Sprouting

Step 2 is to first drain the seed and select the method for germination. There are three main methods for germination each laid out below:

Trays

This is the most popular and convenient way to germinate your sprouting seeds, and can be made of a range of materials from plastic to glass and terracotta. The trays must have holes for drainage but the bottom tray should have no holes and act as a reservoir.

A typical kit contains:

- 3 trays with holes in to sprout seeds,
- 1 tray with out holes to act as the reservoir,
- 1 upper tray to protect the top

Once seeds have been soaked, drained and rinsed under running water set them out in the trays allowing room for the seeds to swell. The trays should be arranged to allow air circulation.

This method is a good way to grow three varieties at the same time hassle free, and without using up too much space as the trays stack.

Seeds should be kept moist at all times so water at least twice a day, morning and evening. If temperature increases and the seeds seem to be drying out you may need to water more often. Seeds should be watered by sprinkling a glass of water onto the top tray draining down through the layers, watering all the trays evenly.

Jar

If you do not want to pay out for a sprouting tray kit this method is the cheapest do-it-yourself method. Shape and size are not really important when choosing a container as long as you can fit your hand in it.

Glass jars are the best as they are easy to keep clean. Remove the lid and discard replacing it with a piece of nylon mesh held on with an elastic band. The mesh helps with watering and allows air ventilation.

Once pre-germination soaking has finished replace the seeds in the jar and fill with a glass of water leave for a couple of minutes, close the top with the nylon mesh and tip jar over sink allowing all the water to drain out. Ensure all water has drained out otherwise seeds will rot. Repeat this process 2-3 times a day to keep the seeds moist.

The jar method is good for all seed, smaller seed such as alfa-alfa and red clover will grow quicker due to the increased humidity. Beans will need more watering as they dry out much quicker.

Flax Bag

This method uses a small bag made of the natural textiles linen and hemp with two handy straps. The bag is designed by Steve Meyerowitz; also know as the 'Sproutman'. The linen is renowned for its strength and high absorbency and mould resistance. This original bag allows for easy rinsing of seed and ventilation allowing seed to be sprouted anywhere anytime.

While soaking the seed for pre-germination the bag also needs to be soaked but separately from the seed. Once the seeds have been drained place them into the bag and close it, then place it into a plastic bag with holes in. This plastic bag will raise the temperature and act like a greenhouse providing excellent conditions for the sprouting seed. The second bag also helps to gather the drained off water and provide ventilation.

To water the seed simply take the whole bag out of the plastic outer bag and soak the whole bag in a bowl of water, then place back into the plastic bag. This method accelerates germination and is the quickest method. Sprouting roots can get anchored into the weave of the bag but this is over come by turning the bag upside down whilst in soak to move the sprouts free.

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Quality Seed Quality Service

Moles Seeds

Special Requirements

We offer a wide range of sprouting seed and their requirements are laid out below:

	Soaking Time (Hours)	Rinsing (Times a Day)	Sprouting time (Days)	Height (cm)
Mung Bean	8-12	3-5	2-3	3
Adzuki	24	3-5	4-6	3
Alfalfa	12	2-3	4-6	2-5
Beetroot	8-12	2-3	4-8	2-5
Broccoli	8-12	2-3	4-6	2-5
Buckwheat	8-12	2-3	10-12	5-8
Fenugreek	8-12	2-3	2-4	2-5
Leek / Onion	12	2-3	8-14	2-5
Mustard, White	4-8	2-3	4-6	2-5
Radish	8-12	2-3	4-6	2-8
Red Cabbage	8-12	2-3	4-6	2-5
Rocket	5-15mins	vaporise often	4-6	2-5
Sunflower	8-12	2-3	4-6	2-5

Additional Notes

Buckwheat

Care must be taken in the first 5-6 days as their hard seed coat often leads to the development of mould; they should be rinsed well if this happens. Humidity, light and heat ease the process of sprouting buckwheat which is ready to eat when it reaches 5-8cm and the shells have almost fallen off.

Leek and Onion

The main advantage of sprouting onion and leeks is that they lose their distinct odour eliminating the worry of bad breath.

Radish

We offer two types of sprouting radish seed; Red Radish Rambo and Radish Daikon. Both have the spicy radish flavour but Rambo has attractive red stems while Daikon has white stems.

In the first few days of development radish seeds can develop white hairs that can lead to development of mould. This indicates that the seeds are not being rinsed often enough. When these white hairs appear rinse vigorously under running water to remove.

Rocket

Unlike most sprouting seeds, rocket only requires 5-15 minutes of pre-germination soaking because they can develop a jelly like substance around them which can encourage the growth of mould. So a light soak and then just misting the seed with a spray rather than rinsing them as other seed should prevent this from happening.

Information provided for guidance only, as cultural practices and climatic circumstances vary.

(12/15)