



# SPROUTING CHART

Seed	Amount	Soak Time	Days
Adzuki Bean	1/2 cup	8-10 hours	3-4
Alfalfa	2 tablespoons 2	3-6 hours	4-6
Almond* Black-eyed Pea	cups	10-12 hours	1-2
Broccoli	1 cup	10-12 hours	4-6
Cabbage Chia**	3 tablespoons 3	3-6 hours	4-10
Chickpea	tablespoons 2	4-8 hours	4-5
Clover	tablespoons 1	2-3 hours	3-5
Corn Fenugreek	cup	12-14 hours	2-3
Garbanzos	2 tablespoons 1	3-6 hours	4-6
Garlic	cup	10-14 hours	2-3
(seed)***	1/4 cup	4-8 hours	3-6
Kidney Bean	1/2 cup	8-12 hours	3-4
Lentil	2-3 tablespoons	6-8 hours	10-12
Millet	3/4 cup	10-12 hours	3-4
Mung Bean	1/2 cup	6-8 hours	10-12
Mustard	1 cup	5-7 hours	1-2
Oat Groats Pea	1/3 cup	8-10 hours	4-5
Pumpkin	3 tablespoons 1	4-6 hours	4-5
Quinoa	cups	4-5 hours	1-2
Radish	1 cup	8-10 hours	
Rice	1 cup	4-6 hours	1-2
Sesame	1/3 cup	3-4 hours	3-4
Sunflower****	3 tablespoons	4-6 hours	4-5
	1/2 cup	6-8 hours	1-3
	1 cup	4-6 hours	1-3
	1 cup	8-9 hours	8-9

\* Almonds will swell, but won't display shoots

\*\* Chia grows best in a clay dish

\*\*\* Garlic seeds sprout best in a tray

\*\*\*\* Sunflower seeds sprout best in a tray of soil