


Germination chart								
easy:  less easy: 	best method	soaking the seeds	germination time	how many seeds (for 100gr. sprouts)	cost price (for 100gr. sprouts)	tips	nutritional values	how to eat
Aduki beans 	jar	± 12 hours	± 6 days	38 gr. beans ± 3,5 tbsp	€ 0,40	There is no difference whether you sprout in the dark or light. Use the jar method for best result. On a dish works as well (looks great) but takes more time.	Diuretic, high in vit. A, B1, B2, B3, B12, C and E / iron, calcium, potassium, magnesium and phosphorus.	Sprouted beans you need to cook before you can eat them. Serve them the way you're used to serve your beans.
Alfalfa 	jar	± 6 hours	± 6 days	10,4 gr. seed 1 large tbsp	€ 0,19	The easy and quick way is sprouting in a jar in the dark. Bonus is extra profit and more vitamin B2.	High in vit. A, B1, B2, D, E and K / phosphorus, calcium, magnesium, iron, potassium and sulfur / protein.	Grow a lot and make it into a salade. Best eaten raw.
Lentils 	jar	± 6 hours	± 4 days	35,4 gr. beans ± 3,5 tbsp	€ 0,49	Lentils you sprout in jar in the dark. It's quicker, more yield because more lentils sprout.	High in vit. A, B1, B2, B3, B6, B12, C and E / calcium, phosphorus, iron, potassium / protein and carbohydrates. Sweet taste.	Healthy lentils. Boil for just a few minutes and you have your ingredient for a salade or curry.
Chinese leek 	jar	± 8 hours	± 9 days	28,6 gr. seed ± 4 tbsp	€ 1,41	Sprout in the dark for 40% more yield. Using a dish is also possible but takes far more time.	High in vit. A, B, C and E / calcium, phosphorus, iron and magnesium.	Looks great and tastes garlic-, leek-like.
Peas, Green 	jar	± 10 hours	± 4 days	36,5 gr. peas ± 3 tbsp	€ 0,51	Sprout in the dark for fresh green result with sparkling white roots. Also 3% more yield.	High in vit. B1, B2, B6, B11 and C / potassium, calcium, phosphorus and magnesium.	Boil your sprouted peas for a minute and you have great base for a salade or a side dish.
Fenugreek 	jar	± 6 hours	± 4 days	20,5 gr. seed ± 2 tbsp	€ 0,40	Sprout in the dark for 19% more yield. Using a dish is also possible but not as much profit.	High in vit. A, B6, C and E / calcium, iron, potassium, magnesium and sodium.	Fenugreek has a strong smell and combines good with Asian dishes.
Wheatgrass 	jar for sprouts dish for wheatgrass	± 8 hours	maxi. 3 days	Grass: 241gr. seed ± 25 tbsp Sprouts: 45,4 gr. seed ± 5 tbsp	Gras: € 1,93 Kiemen: € 0,43	Wheatgrass seeds are mostly used to produce Wheatgrass for juice. You need to sprout a lot to do this but it is an easy seed to germinate. The grass itself you can't digest but a sprouted seed you can. Both juice and sprouts are extremely healthy and detoxifying.	High in vit. B, C and E / calcium, phosphorus, magnesium, sodium and potassium / carbohydrates and protein. Good against high blood pressure, contain gluten.	Wheatgrass juice, is there anything more healthy? You need to grow a lot of Wheatgrass and a juicer. Sprouted Wheatgrass seeds you can eat as a whole or you can grind them into flour to bake bread (use 1/2 part 'normal' flour).
Red Clover 	jar	± 6 hours	± 6 days	18,5 gr. seed ± 2 tbsp	€ 0,39	Germinate red clover a jar in the dark. Easy far more quick than using a dish and almost twice as much yield.	High in vit. A, B, C and E / calcium, phosphorus, potassium and magnesium. Red Clover has a high concentration of isoflavones. Helps with menopause and prostate troubles.	Red Clover sprouts have a more pronounced taste than for example Alfalfa. But also fresh and great to eat in larger quantities.
Chickpeas 	jar	± 10 hours	± 4 days	40,7 gr. peas ± 3 tbsp	€ 0,66	sprouting in the dark gets you 7% extra than in the light.	High in vit. A, C and E / iron, calcium, magnesium and potassium / carbohydrates and protein.	Sprouted Chickpeas are nice and sweet. Make a salade or use stir-fry them. Best to cook them first.
Mustard 	dish	no	± 5 days	24 gr. seed ± 3 tbsp	€ 0,44	Best sprouts you get using a dish. I tried a jar but these seeds are a bit gelatinous and this makes this method difficult. Also less taste because of the many roots.	High in vit. A, B and C / calcium, iron and phosphorus / carbohydrates and protein.	Really good and spicy sprouts. One of my favorites. Good for salades, soups and great with cheese.
Mung beans (bean sprouts) 	jar	± 10 hours	± 4 days	17 gr. beans ± 1,5 tbsp	€ 0,22	For tasty white bean sprouts you need to germinate in the dark in a jar. As a bonus you have 52% more yield than sprouting them in the light. Using a dish doesn't work.	High in vit. A, B1, B2, B3, B12, C and E / iron, calcium, potassium, magnesium and phosphorus / protein.	Bean sprouts are well known and great with Asian food. Raw or shortly baked
Radish 	jar	± 6 hours	± 4 days	14 gr. seed ± 2 small tbsp	€ 0,27	Radish you can sprout either way. In jar you get the best yield and on a dish they look at their best.	High in glucosinolates, vit. A, B1, B2 and C / iron, potassium, calcium, magnesium, sodium and phosphorus.	The sprouts of Radish seeds taste like Radish but then far more spicy! Little taste bombs. Great with cheese and soups.
Red Cabbage 	jar	± 6 hours	± 6 days	16,5 gr. seed ± 2 tbsp	€ 0,56	Use the jar method for the best result. Germinating in the dark vs the light an extra 143% (!) Using a dish sets you back about 8% so that's not that much. Soaking the seeds for at least 8 hours is a big yes and gives you an extra 14% yield.	High in glucosinolates, vit. A, B, C and E / calcium, iron, phosphorus, iodine, magnesium, potassium, zinc en sulfur.	Red Cabbage sprouts are a bit salty and have this typical cabbage taste. Use them for salads, on bread or with potatoes.
Arugula 	dish	no	± 5 days	12,5 gr. seed ± 1,5 tbsp	€ 0,22	Because these seeds are gelatinous you use a dish and don't soak.	High in vit. A and C / calcium, iron, phosphorus and magnesium.	Arugula sprouts taste a bit spicy and nutty. It's easy to germinated a lot so you can grow them as the main ingredient for a salad or even a raw in a hotchpot.
Sango 	jar	± 6 hours	± 4 days	16,4 gr. seed ± 2 tbsp	€ 0,58	Sprout in a jar in the dark for the best yield (88% more than using a dish and 10% more than in a jar and using light. These beautiful purple sprouts look at their best using a dish and forget about soaking the seeds, you get twice as much.	High in vit. A, B1, B2 and C / iron, potassium, calcium, magnesium, sodium and phosphorus.	Sango is related to Radish, so nice and spicy. Good for in a salade or with cheese.
Cress 	dish	no	± 5 days	20,1 gr. seed 2 large tbsp	€ 0,37	Because these seeds are gelatinous you use a dish and don't soak.	High in glucosinolates, A, B1, B2, B3, C and D / calcium and phosphorus.	Cress tastes a bit spicy. Great for a salad topping, as an extra on bread or soup.

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Sunflower 	jar	no	± 10 days	22,5 gr. seed ± 3 tbsp	€ 0,52	Use the jar in the dark method for good sprouts and the best yield. On a dish you get very decorative (and tasty) sprouts but not as much. Don't soak, saves time and to 45% more yield.	High in vit. A, B, C, D and E / magnesium, phosphorus, potassium, calcium and iron / carbohydrates en protein.	Sprouted sunflower seeds taste nutty. These sprouts are quite large and you can use them as main ingredient for a salade. The seed covers remain very hard, don't try to eat them.
							Source: information about nutritional values and tips on how to eat them www.peuleschil.nl , the rest Plantgoed	