



# True Leaf MARKET

handy  pantry  
SPROUTING



**MOUNTAIN  
VALLEY  
SEED COMPANY**



# Long-Term Survival Seed Storage: What You Need To Know



Long Term Seed Storage





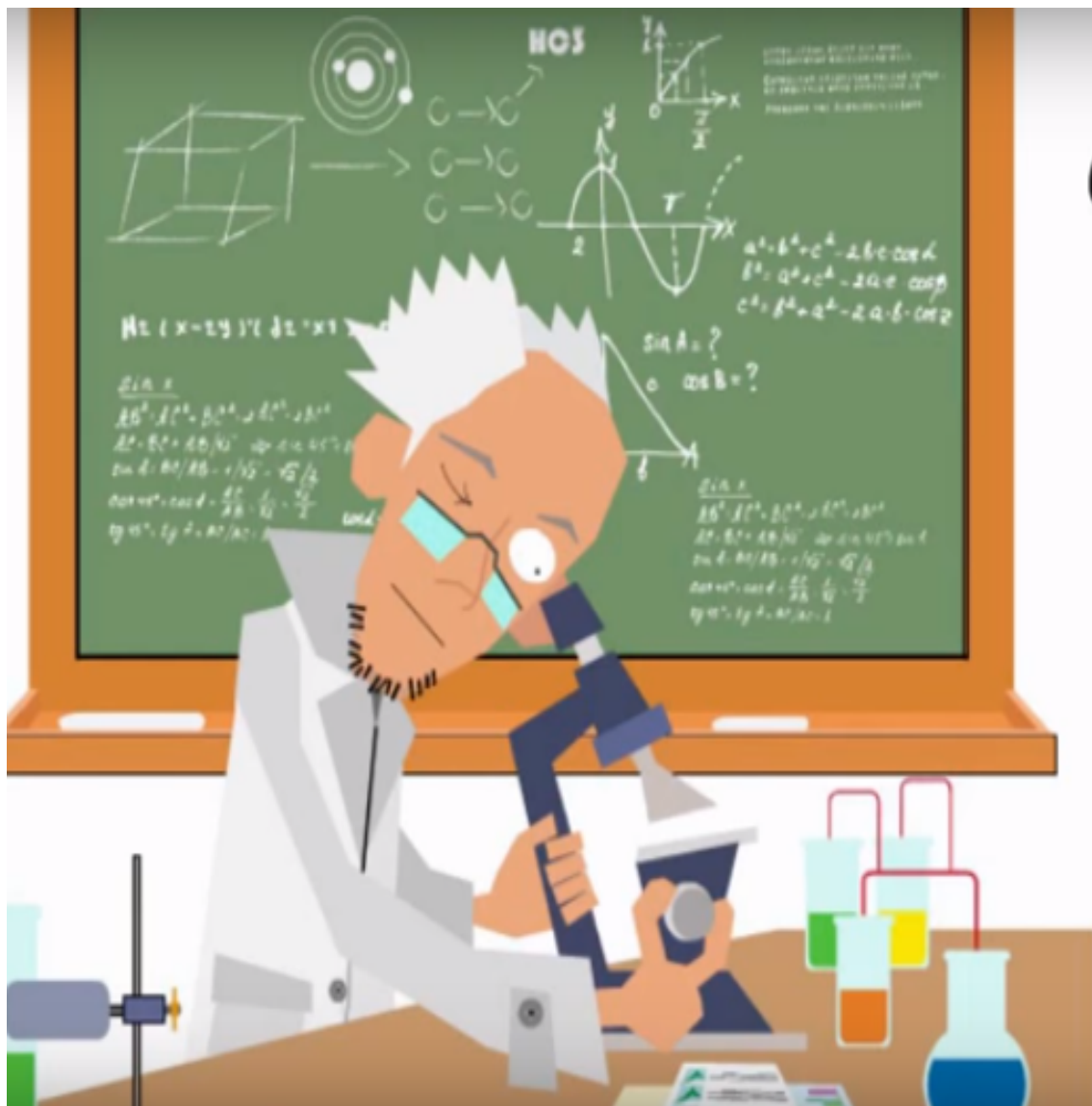
# Germination Rates Decline Over Time





# Crop Year Seeds





**Over 80% for up to 10 years!**



*broad bean*



*barley*



*sunflower seeds*



*sesame*



*haricot*



*pumpkin seed*



*poppy-seed*



*dry peas*

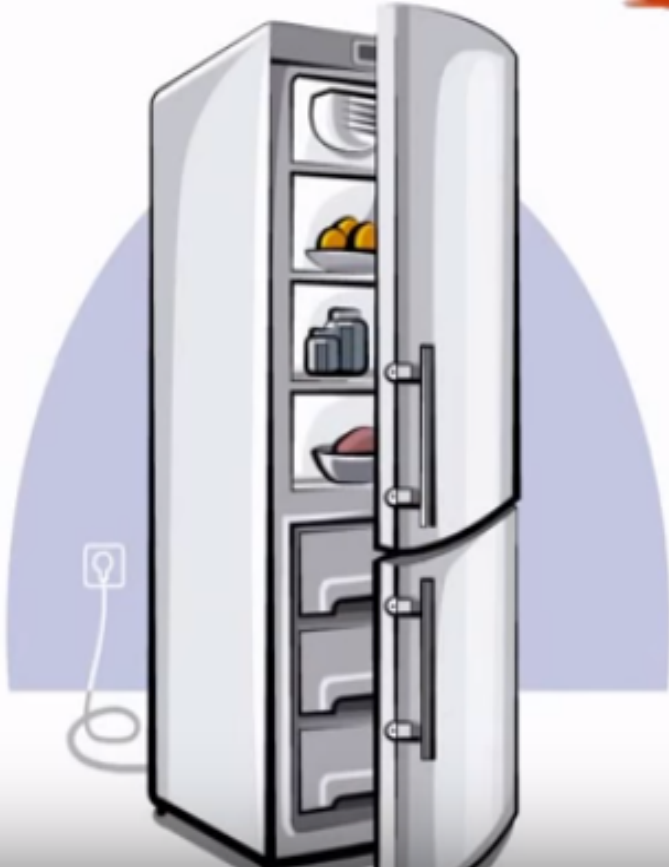


*corn*

**Properly Dried Seeds**



**After 15 years, many seed species can still have germination  
rates over 50%**



**Long Term Seed Storage**





**Long Term Seed Storage**







# Growing Sprouts





# Home Sprouting





# Sprout Nutrition



# Jar Method

1. Soak
2. Drain & Cover
3. Rinse 2x Daily
4. Harvesting
5. Greening
6. Eat & Store



## Step One: Soaking

For a quart jar, start with 1 1/2 tablespoons of seeds in the jar, put on the special sprouting lid, and partially fill the jar with warm (not hot) water. Swirl the water to cleanse the seeds, then pour it out. Refill the jar with warm water three times higher than the level of the seeds, and soak overnight in dark area.



## Step Four: Harvesting

Pour the sprouts into a pan or sink of clean water. Skim off any remaining hulls that float to the surface. Other hulls will fall to the bottom of the container. Pull out the sprouts, gently shake off excess moisture and drain in a colander.



## Step Two: Draining & Starting

Pour out the soak water. Place the jar at an angle to strain out any extra water in a location not exposed to direct sunlight. Turn the jar to spread the seeds, cover with a towel and leave for three to four hours.



## Step Five: Greening

Clean the jar and lid. Place sprouts back in the jar for greening. Place in indirect sunlight, near a kitchen window is fine. After the sprouts have greened with chlorophyll and carotenes for about a day, rinse, drain, and eat (or refrigerate) your sprouts!



## Step Three: Rinsing

Rinse the sprouts with cool, fresh water two to three times a day until they are ready to eat. When the sprouts begin to cast off their seed hulls, let the jar overflow with water, and the hulls will float out the top of the jar through the screen. Turn the jar to spread out the seeds each time you rinse.



## Step Six: Refrigerating

If you rinse them every day or two, sprouts will stay fresh and hearty for a week or more when refrigerated. You can even give the green sprouts an extra hour of sunlight after rinsing to keep them at their nutritional peak.

**Caution:** Since sprouts are frost sensitive, don't place sprouts near the freezer compartment.



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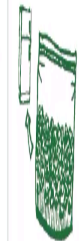
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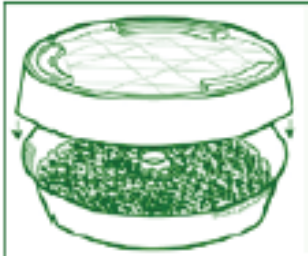


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# Tray Method



1. Soak
2. Rinse & Cover
3. Rinse 2x Daily
4. Sun or no Sun
5. Eat & Store



# Microgreens





# Microgreens





# Microgreens





# Rainbow Chard





# Large Leaf Parsley





# Pok Choi Cabbage





# Red Garnet Amaranth





# Pea Shoots





# Microgreens





# Microgreens





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## Microgreens & Baby Salad Kits

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- Growing Supplies



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# Growing Microgreens Instructional Videos

We have prepared a series of instructional videos on the step-by-step process for growing, caring for, and harvesting microgreens. We hope you find them helpful! They will make the most sense if you watch them in order from top to bottom on the page.

### Growing Microgreens - pH Balancing Your Water



**We do not sell  
 Genetically Modified  
 Seeds**