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eco-culture™/MC  
**SERACON**®

## GROW YOUR OWN SPROUTS

All seeds certified organic by OCIA International Certified Organic means the seeds were grown without synthetic fertilizers, pesticides, herbicides or fungicides. They were not irradiated or grown from genetically modified seeds (non-GMO).

Environmentally responsible farming methods were used throughout.

Easy to grow in your home, kit includes: glass jar + seeds + netting + rubber band

Fresh organic sprouts year-round. Ready to eat in 3 – 6 days

Delicious and nutritious. Adds zest to salads, sandwiches, stir fries, soups and snacks.

### Basic instructions

1. Wash and rinse glass jar with soap and hot water. This can be done in the dishwasher.
2. At night, place the recommended amount of sprouting seeds for each variety in the jar (see below).
3. Cover jar with one of the two pieces of netting provided and keep in place with rubber band (Always keep netting on jar). Fill the jar halfway with cold-water, shake the jar and then drain.

Fill jar to three-quarters level with cold water and allow seeds to soak overnight. Drain water the next morning and proceed immediately with step 4.

4. Morning and night (2 times a day) fill the jar with running cold tap water, allowing the water to overflow for 5 to 8 seconds. Shake the filled jar to eliminate any clumps of seeds. Drain water. Invert jar and place in a bowl or on a towel against a backplash (or wall) at a 45° angle (See illustration below).

5. Depending on variety, sprouts will be ready to eat in 3 - 5 days.

6. When sprouts are ready to eat, dry them by placing them on a cookie sheet or paper/cloth towel and patting them thoroughly. When completely dry, place in a covered container and refrigerate for up to one week.

Enjoy and be Healthy.

### Ancient Eastern blend

Place 1– 3 tbsp. of seeds in jar.

Fenugreek, Lentils, Kamut & Adzuki beans.

### Spicy Lentil Crunch

Place 1 - 2 tbsp. of seeds in jar.

Lentils, alfalfa, red clover, radish, canola (non GMO) & mustard

