

# Sprout Master

## The World's Greatest Sprouter and Crisper!

You are now the owner of a SPROUTMASTER, the ultimate in nutritious sprouting. It was designed with the input of hundreds of home and commercial sprout-growers familiar with virtually every existing sprouter and sprouting method known.

The space-saving rectangular shape of the SPROUTMASTER, compared to the round or three-tray stack varieties, allows for much better shelf and kitchen cabinet storage without sacrificing as much as one inch in the volume of your harvest.

The SPROUTMASTER was designed with both the small single-crop grower and the large, multi-crop grower in mind. The divider provides a choice of growing a half crop, two crops, or one full crop of your favorite sprouts. You will note the divider has been made to fit the groove illuminating the often-annoying intermingling of seeds.

For the large multi-crop grower, the SPROUTMASTER was designed and engineered so that several sprouters can be stacked with the tray lid in place without losing necessary air circulation.

The mesh, or size of the holes in the bottom of the SPROUTMASTER have been made somewhat smaller than other screen bottom sprouters in answer to the often-heard complaint that "too many alfalfa seeds were lost during rinsing".

If you are new to sprouting, you are embarking on a new and exciting adventure in delicious nutritious eating. Be it in an oriental dish, casserole, soup, salad, sandwich, or meatloaf, we are confident that in a very short time your imagination will soon provide the gourmet touch that will be hailed by your family and friends.

Enjoy SPROUTMASTER "The Ultimate in Sprouting!"

## INSTRUCTIONS

For "The Ultimate in Sprouting!" success in your SPROUTMASTER follow these basic instructions:

1. Select seeds, grains, or beans to be sprouted. NOTE: one full tray of sprouted seeds makes two quarts. For one or two people, reduce the amount of seed. For the SPROUTMASTER MINI, one full tray makes one- and one-half pints of sprouts. The following are the maximum amounts the sprouters will hold.

TYPES	Large Sprouter		MINI SPROUTER	
	FULL	Half	FULL	HALF
Alfalfa, Vegetables (radish, cabbage, etc.)	1/3 cup	2 1/2 Tb	5 tsp	2 1/2 tsp
Grains (wheat, Triticale, etc.)	1 1/2 cups	3/4 cup	1/2 cup	1/4 cup
Seed mixes or Legumes (beans, peas, Lentils, etc.)	1 1/3 cup	2/3 cup	2/3 cup	1/3 cup

2. Soak seeds overnight (or for 10 to 12 hours) in another container. This will give you approximately 300% increased volume over original measure. Be sure to use a container of sufficient size to accommodate the expansion. NOTE: Hard seeds are an indication of insufficient soaking.

3. Pour seed mix, grains, or beans into your SPROUTMASTER. A light rinse will spread them evenly over the bottom of the sprouter.

4. Rinse thoroughly three to four times every 24 hours by placing sprouter under a light spray of cool water or by filling the sink about 1/4 full with cool water and dipping the sprouter repeatedly. NOTE: This step is needed to keep seeds from drying out and to wash away toxins or by-products.

5. Drain the sprouter thoroughly after each rinsing. Tilting the sprouter will expedite drainage.

6. The lid is placed under the sprouter with the SPROUTMASTER logo facing up. This serves as a drain tray and provides an air flow space at the bottom of the sprouter. NOTE: For sprouting large amounts the trays may be stacked on top of one another. The lid for one becomes a drip tray for another. For best results and maximum air flow, do not use a lid on the top during sprouting. Instead, cover the sprouter or sprouters with a warm damp cloth and place on kitchen counter out of direct sunlight or in a dark cupboard.

7. It is important that you maintain a temperature from 75 to 80 degrees. If room temperature becomes a problem, you can make adjustments as follows: In cold temperatures, you can soak the seeds in warm water, rinse them in warm water, and use a warm damp cloth when covering the sprouter. In warm temperatures, you can soak the seeds in cool water, rinse them in cool water, and use a cool damp cloth to cover the sprouter.

8. **Taste your sprouts as they grow** to determine when they are most appealing to you. On the 3rd and 4th day; alfalfa, radish, and cabbage take on a beautiful green hue if left uncovered and exposed to normal window light or artificial electric room lights. CAUTION: Do not put in direct sunlight. Sprouts are sweeter when sprouted in the dark. Some seeds may only require two days for maximum sprouting. Let your taste be the judge.

9. When the seeds have reached desired taste, you may halt their growth by putting the extra lid on top (leave the drip tray in the place with SPROUTMASTER logo now facing down to seal the air flow space) and place them in the refrigerator. The unit makes an excellent crisp. CAUTION: Do not rinse the sprouts for at least 6 to 12 hours prior to putting them into the refrigerator. NOTE: Sprouts are not damaged when left in the sprouter and refrigerated. They will retain all their vitamins and nutrients until chopped or eaten.

10. Scrub your SPROUTMASTER thoroughly with a brush and you will be ready to begin the sprouting process once again. Stains can be removed by scrubbing with baking soda or by soaking in diluted Clorox. NOTE: **NOT DISHWASHER SAFE.**

11. To use the SPROUTMASTER MINI in a backpack or a 72-hour kit, follow the above instructions with these changes: 1. Pour the seed from one of the plastic bottles into a plastic bag and use the empty bottle for soaking the seed. 2. Use a heavy rubber band around the entire sprouter to hold the lids in place during sprouting. 3. The sprouts can be kept in the pack and eaten when sprouting is complete. NOTE: SPROUTMASTER MINI sold for 72-hour kits will come complete with two bottles of seed, a plastic bag, and one rubber band.

Now you can enjoy the succulent taste and the nutritious, vitamin-enriched value of your own freshly sprouted seeds. Enjoy what is considered by many experts... the most perfect food you can eat.

### Sprouting Guidelines

Seed	Sprouting Time	Tips
Alfalfa	3 to 5 days	Green last day
Broccoli	3 to 5 days	Green last day
Buckwheat	3 to 8 days	Green last day
Cabbage	3 to 5 days	Green last day
Clover	3 to 5 days	Green last day
Flax	2 to 6 days	Don't pre-soak
Lentils	1 1/2 to 2 days	1/2" to 1" tails
Mung Beans	1 1/2 to 2 days	1/2" sprout tails
(for long bean sprouts; sprout 5 to 8 days in the dark)		
Pro-Vita-Mix	1 1/2 to 2 days	1/2" sprout tails
Radish	3 to 5 days	Green last day
Sunflower nuts	20 to 24 hours	Keep out of light
Sunflower greens	6 to 8 days	Green last 2-3 days
Grains	1 1/2 to 2 days	1/8" to 1/4" sprout
(Wheat, oats, barley, rye, triticale, millet, sesame, etc.)		
Dry Beans	1 1/2 to 2 days	1/4" to 1/2" sprout
(pinto, chili, lima, navy, black, etc.) Cook 15-20 min.		

This sprouter is guaranteed by:

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