

Quick Start Guide.



1. Select the type of seed or bean from the chart below.
2. Place the suggested amount of seeds/beans in your Alcedia jar and fill with enough water to cover the seeds/beans.
3. Soak for the suggested amount of time.
4. Drain the water from the jar and hang from your stand to drain further.
5. Rinse 2-3 times per day.
6. Let your sprouts grow for the suggested number of days.
7. ENJOY!

(T = Tablespoon, C = Cup)

Seed Type	Amount	Soak Time(hours)	Sprout Time(days)
Alfalfa	2 T	8	4-6
Barley	1 C	10	2-3
Broccoli	1 1/2 T	10	4-6
Corn	1 C	20	2-3
Fenugreek	1/4 C	10	3-5
Kidney bean	1/2 C	14	3-4
Lentil	1/2 C	10	2-3
Mung Bean	1/3 C	16	3-5
Pea	1 C	12	3-4
Peanut	3/4 C	14	3-4
Popcorn	1 C	16	2-3
Pumpkin	1 C	10	2-3
Radish	2 1/2 T	10	4-5
Rice	1 C	12	3-4
Soybean	1/2 C	12	3-4
Spinach	2 1/2 T	10	3-5
Sunflower	3/4 C	20	2-5
Wheat	3/4 C	12	2-3



thank  you

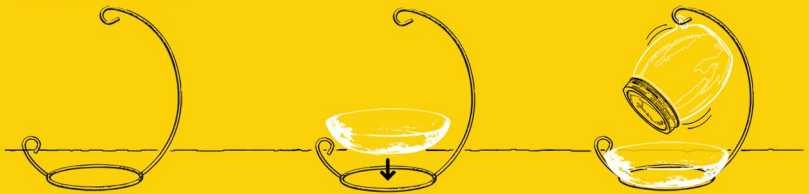
for choosing our product!

I've loved art and nature since I can remember.

The idea for this independent company is to offer something a little different... Something that makes you stand out from the crowd.

Unique designer homeware that celebrates pleasant living environments through nature inspired design.

3 Step Assembly:



1. Place the stand on your chosen spot.

2. Place the drip tray inside the base of your stand.

3. Hook the ear of your jar through the hook of the stand.



Quick Start Instructions:



1. Soak seeds/grains for the recommended time.



2. Rinse 2-3 times a day and hang to drain.



3. Grows 3 to 5 days until ready.



4. Place in the fridge and enjoy.

Detailed Instructions:

Day 1: Place the seeds/grains in your sprouting jar and cover them with water. Let them sit on the counter overnight.

Day2: In the morning, spin on your sprouting lid and drain the soaking water. Add in clean water and swirl it around to rinse the sprouts. Drain off the water and hang your jar from the stand for airflow and further drainage. Rinse 1-2 more times throughout the day.

Day 3: Rinse the sprouts 2 -3 times today. You should now see little sprout tails starting to form. Remember that different seeds can have different sprouting times.

Day 4: Rinse and repeat. Those sprouts are officially GROWING! Some seed sprouts may be ready by now.

Day 5: Rinse and repeat until you are happy with the growth.

(You can place your sprouts into some direct sunlight on the last day. The sunlight will activate the chlorophyll and make them bright green! Rotate your jar throughout the day so that all sides see some sunlight. By the end of a day in the sun, they should be green and ready to transfer to the fridge)

PRO TIPS:

* When handling your sprouting jar, place the bottom/base of the jar in the palm of your hand and wrap your thumb over the glass ear for a secure and safe hold.

* Our sprouting lids will not rust under normal sprouting conditions - since all of the parts of our lids are stainless steel. If lids start to look dirty - kind of brownish, it is just build-up from the juice of the seeds - just soak the lid in vinegar for +- 5 min, brush it if needed and they will look shiny and like new again.



**We hope you are 100% happy with your Sprouting Kit.
If something is not right with your purchase for any reason please email us at support@alcedia.com with your order number so that we can make it right.
We promise you a quick reply**

AND

**If you've purchased online, we have a small favour to ask:
Please consider leaving us a review. One sentence is enough and will mean a lot to us! To do that simply type in and go to:
amazon.com/ryp**