

STARTING SEEDS ON A PLATE

WHAT YOU WILL NEED:

cress, mustard, alfalfa, wheat, mung seeds

pie plate or saucer

cotton roll or paper towels

spray bottle

HOW TO: Choose a plate large enough to hold several layers of paper towels or cotton roll. I find that rolled cotton holds the water better than paper towels. Whichever you use, wet it thoroughly and squeeze out the excess water. You want it to be wet but not dripping. Place whichever you have chosen on the plate and sprinkle the seeds evenly. If you are doing several plates with different seeds, be sure to label each plate. Place the plate in a warm dark place. In 2 to 3 days they will begin to sprout. When the sprouts are about 1" high, move them to a sunny spot, but not in direct sun. If you leave the sprouts in the dark too long they will develop long stems and not much leaf. Check the plates every day. Spray them with water if they begin to dry out. They will be ready to "harvest" in 5 to 7 days. Use clean scissors to snip the greens into your salad.

