

## Fresh, crunchy sprouts every day

Sowing and harvesting at the same time, every day? No problem! The two conditions that must be met are adequate moisture and warmth. Put the right kind of seeds into the lowest dish (don't overdo it - less is better than more, here), water daily under running water, and then cycle the dishes in sequence.

The complete cycle takes four days, just the time needed by the sprouts for optimal development.

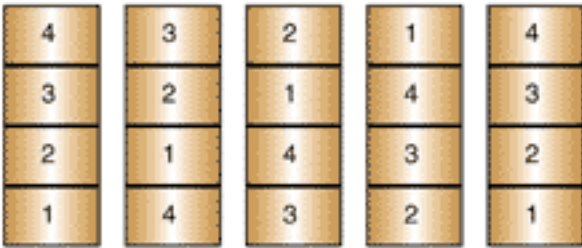
The uppermost dish is harvested, then cleaned. New seeds are added and the dish is then put back into the cycle as the lowest dish.

The next day, the new uppermost dish is harvested, cleaned, fresh seed sown, and the dish replaced at the bottom of the stack. Every day the dish climbs one stage up the stack and by the time the fourth day has arrived the sprouts are ready to be harvested.

The correct way to water the young shoots is described in the instructions supplied.

### Different kinds of seed

Each kind of seed has its own particular preferences. Mungo beans, for example, are rather undemanding, chick-peas need a lot of water in order to swell, and alfalfa loves be in the light before harvesting.



If you want to sow and harvest every day, you will need to use a stack of four sprouting dishes as shown.