

	Yield	Amount to use	Soaking time	Time to harvest	Sprout length	Suggested uses	Special instructions
Alfalfa	7:1	2 Tbsp	8-12 hours	3-6 days	1-2 inches	Sandwiches, salads, omelets	
Amaranth	1.5:1	2/3 cup	Do not soak	2-4 days	1/4 inch	Bread, pancakes	Rinse and drain 4 to 6 times a day for faster sprouting.
Buckwheat	1.5:1	2/3 cup	20-60 minutes	1-3 days	Length of seed	Salads, pancakes	Do not oversoak. Rinse until water runs clear. Rinse and drain 3 to 6 times a day.
Clover	7:1	2 Tbsp	8-12 hours	3-6 days	1-2 inches	Sandwiches, salads	
Garbanzo	2:1	1/2 cup	8-12 hours	2-4 days	Length of seed	Casseroles, soups, salads, snacks	
Lentil	2:1	1/2 cup	8-12 hours	2-4 days	Length of seed	Casseroles, soups, salads	Rinse red lentils until water runs clear.
Millet	1.5:1	2/3 cup	6-10 hours	1-5 days	1/16-1/8 inch	Casseroles, soups, salads	
Mung	2:1	1/3-1/2 cup	8-12 hours	2-5 days	1-1/2 to 3 inches	Omelets, soups, snacks, salads, Asian dishes	Sprout in complete darkness. Rinse more often. Sprouts should be cooked before using.
Oat groats	1.5:1	2/3 cup	30-60 minutes	1-3 days	Length of seed	Breads, granola, snacks	
Radish	5:1	3 Tbsp	6-12 hours	3-6 days	1-2 inches	Sandwiches, salads	
Rye	1.5:1	2/3 cup	6-12 hours	2-3 days	Length of seed	Bread, granola, snacks	
Soybeans	2:1	1/2 cup	2-12 hours	2-6 days	Length of seed	Casseroles, stews, salads, Asian dishes	4 hour soak optimal; too much soaking is detrimental. Rinse until water runs clear. Rinse and drain 3-6 times a day. Cook before using.
Sunflower	1.5:1	2/3 cup	1-4 hours	1-5 days	1/4 inch	Salads, snacks	Rinse until water runs clear. Rinse and drain 2-6 times a day. Use within a few days.
Wheat	1.5:1	2/3 cup	6-12 hours	2-3 days	Length of seed	Bread, snacks, granola, pancakes, casseroles, soups	