



Simple Gardening at Home

Hydroponics: Sprout Jars

Growing plants in water dates back to research in 1922. In current times, many people do just this by growing “sprouts” to use in salads and sandwiches. Many types of sprouts include sunflower, bean, alfalfa, pea and many more. There are specific seeds to use for sprouting that are prepared for this use. They have nutritional value that exceed a plant you would grow from a normally prepared seed.

You can make your own sprout jar quite easily.

Materials:

Wide mouthed mason jar

Cheesecloth

Mason jar lid

Water

Sprouting seeds (larger varieties such as mung beans or peas are easy to start with)

Procedure:

- Cut a square of cheesecloth that will cover the mouth of the jar with a little extra
- Fill the mason jar $\frac{1}{4}$ of the way with sprouting seeds
- Cover with water and leave in the container for 8-12 hours
- Cover with the cheesecloth secured with the canning jar lid ring or a rubber band
- After soaking for the 8-12 hours, strain the water
- Put back on counter
- Rinse 2 times each day, strain off all of the liquid each time

- After 1-4 days you will see the jar filling with sprouts
- It is time to harvest!
- Add to salads, sandwiches, soup, and stir-fries