



SPROUTING CHART

Kind	Soak Time (hours)	Days to Harvest	Nutritional Value
Adzuki	12	4	Vit C, A, Protein, Phosphorus, Calcium, Potassium, Copper, Folate, Manganese
Alfalfa	6	5	Vit C,E,K,A,B, minerals and trace elements
Almond	12	1	Vit B, E , Protein, Fats, Minerals
Cabbage	6	5	Vit A,C, B, E
Chick Pea	12	3	Vit A,C,E, K B6, Choline
Clover	6	5	Vit C, Isoflavones, Calcium, Chromium, Magnesium, Niacin, Phosphorus, Potassium, Thiamine
Corn	12	3	Vit A,B,E, C, Beta-Carone, Protein, Fiber, Folate
Fenugreek	12	4	Vit A, B, C, Thiamin, Riboflavin, Niacin, Folate
Green Pea	12	3	Vit A, B, C , K, Protein, Fiber
Lentil	12	4	Vit C, B, Calcium, Iron, Molybdenum, Folate, Protein Tryptophan, Manganese,, more,
Millet	12	3	Vit B,E Protein, Magnesium, Calcium, Manganese, Tryptophan, Phosphorus,
Mung	12	5	Vit B, C, K, Protein, Thiamin, Niacin, Pantothenic acid, Iron, Magnesium, Phosphorus, potassium, Riboflavin, Folate, Copper, Manganese
Oats	12	3	Vit B, E, Calcium, Iron, Fiber, Thiamin, Magnesium, Phosphorus, Manganese
Pumpkin	12	1	Vitamin E, Phosphorus, Iron, Zinc
Rye	12	3	Vit B , E, Protein, Calcium, Iron, Fiber, Phosphorus, Selenium, Manganese
Sesame	6	2	Vit B, E, Protein, Calcium, Fats, Fiber
Sunflower	12	3	Vit B, E, Fats, Protein, Calcium, Iron, Thiamin, Magnesium, Phosphorus, Copper, Manganese, Selenium
Triticale	12	3	Vit B, E, Calcium, Iron, Phosphorus, Manganese, Magnesium
Wheat	12	3	Vitamin C, Calcium, Iron, Selenium, Manganese, Magnesium
Suggested Combinations			Alfalfa, Cabbage, Clover, Broccoli Adzuki, Green Pea, Lentil, Mung, Wheat Lentils, Wheat, Rye Sunflower, alfalfa Chick Pea, Lentils, Wheat