



Coastal
Foodways

SPROUTS IN A JAR

WHAT ARE SPROUTS?

Sprouts are edible sprouted seeds that are germinated without soil and consumed when they are still tender. You can commonly buy fresh alfalfa sprouts at grocery stores, or find canned options like bean sprouts – but they're incredibly easy to grow at home!

WHAT DO YOU NEED?

- Seeds for sprouting
- A mason jar
- Water
- Cheesecloth and elastic band
- OR, [mason jar sprouting lid](#)

WHAT KIND OF SEEDS SHOULD YOU USE?

You can buy sprouting mixes at plant stores and grocery stores or online, or if you have lots of leftover seeds from your garden you can sprout things like broccoli, kale, radish, peas, and beans.

WHAT'S THE METHOD?

Put about 1 tsp of seeds into a mason jar and cover with about 2" of warm water, then leave it to sit overnight.

The following day, drain the water, then rinse the seeds with cool, fresh water and drain the jar again. If you're using a mason jar sprouting lid, make sure the holes in the lid are smaller than your seeds!

Rinse your seeds in this manner twice a day until they've sprouted to your desired size – this will probably take between 3 days and 1 week depending on the variety of seeds.

Once your seeds are grown to your desired size and tenderness, give them a final rinse, then gently pat them dry with paper towel. They can be stored in a container in the fridge for up to a week. We suggest lining your container with paper towel to absorb excess moisture and changing it out as needed.

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MORE INFORMATION

For more information on sprouting seeds, we recommend checking out The Spruce's [How to Grow Sprouts in a Jar](#) or the Masontops blog on [Growing Sprouts in Mason Jars](#).