

Pick Your Favorite Sprouts to Eat

by Steve Meyerowitz, Sproutman®

A description of the most popular sprouting varieties, their usage and taste, and the recommended growing method. Order Sproutman's Color Sprout Chart for more details, color pictures, and growing information. "Vertical" refers to using any vertical style sprouter such as Sproutman's own Automatic Sprouter. "Bag" refers to using Sproutman Hemp Sprouting Bag. "Days" is the number of days it takes to grow.

SUNFLOWER	Large 6-7" tall, hardy green leaf. Rich flavor. Vertical, Days=8.
BROCCOLI	Rich broccoli flavor, small green leaf. Salads. Vertical or sprout bag, Days=6.
FRENCH ONION	Absolutely delicious. Baby onion greens. A must. Vertical or bag, Days=14.
GARLIC CHIVES	The best way to eat garlic. Chlorophyll reduces odor. Vertical or bag, Days=14.
JUMBO ALFALFA	Hearty mild, leafy green for salads or juice. Vertical, Days 7
RED CLOVER	Spicier cousin of alfalfa. Vertical, Days=7.
CRIMSON CLOVER	Spicier cousin of alfalfa with jumbo leaves. Vertical, Days=7.
CHINA ROSE RADISH	Hot, spicy and colorful. Delicious in salads. Vertical, Days=6.
CHINESE CABBAGE	Rich cabbage flavor, small green leaf. Salad. Vertical, Days=5.
FENUGREEK	Healthful bitter salad herb. 4" long stalk and big leaf. Vertical, Days=9.
BUCKWHEAT LETTUCE	Long 4-5" stalk, big succulent leaf, salad. Vertical, Days=11.
SHELLED SUNFLOWER	Nutty and tart. Great for snack or salad. Bag, Days=2. Refrigerate

	thereafter.
GARBANZO	Great for dips like hummus, cooked vegetable or soups. Bag, Days=5.
SWEET GREEN PEA	Fresh garden peas. Cooked vegetable or soups. Bag, Days=5. :
MUNG BEAN	Chinese saute dishes or add to salads. Bag, Days=5.
ADZUKI BEAN	Cousin of mung with flavor. Salads, cook, saute. Bag, Days=5.
RED PEA LETTUCE	American grown cousin of Adzuki bean. Grows into a 10 inch tall shoot with large leaf. Mild. Vertical, Days=9.
BABY GREEN LENTIL	Popular addition to salads, marinate, soups or sautes. Bag, Days=5.
RED SPROUT PEANUT	Superb dry roasted snack. Easier to digest. Use raw valencia peanuts. Must roast to eat. Bag, Days=10.
HARD RED WHEAT	Make sprout breads and crackers. Bag, Days=2. Great for Wheatgrass when grown in soil.
WHEATGRASS	Wheatgrass and Kamut grass. 8-10 days. Soil or Vertical. Use for Juice therapy.
BARLEY GRASS	Bigger than wheatgrass, more protein & chlorophyll. Soil or Vertical. Days=12.
KAMUT EGYPTIAN WHEAT	Best sprout bread. Highest protein. (see grass) Bag, Days=2.
SOFT WHITE WHEAT	Sprout cookies, crackers, cereal, snacks, rejuvelac. Bag, Days=2.
SPELT-WHEAT ALTERNATIVE	Sprout cookies, crackers, cereal, snacks, rejuvelac. Bag, Days=2.
RYE	Delicious sprout bread recipes. Less sweet than wheat. Bag, Days=2.

BROWN MUSTARD	Hot! Small dark green leaf. Spice. Bag or Vertical, Days=5.
QUINOA	A crunchy, tiny grain sprout for salad or breads. Bag, Days=2-3.

Copyright © by Steve Meyerowitz, Sproutman®

Copyrighted Material

Hello! These pages contain copyrighted material. Do you want to use some of this information? All you have to do is get our permission and include proper citation (acknowledgement). Here are the details.

Educational or Non Commercial Purposes

Use of these words and photos is permitted for noncommercial purposes, but only if it carries the following citation : "Copyright © by Steve Meyerowitz, Sproutman® www.Sproutman.com"

Commercial Use

All rights to the content on this website are reserved to Sproutman Steve Meyerowitz and the other copyright owners. Permission for use of any of these materials in a commercial venue may be available. Submit your request to [Sproutman Publications](#), PO Box 1100, Great Barrington, MA 01230 USA or by fax to 413-528-5201.

Limitations

Unless and until permission is granted, you may not reproduce, copy, modify, add to, publish, transmit, create derivative works, distribute, or otherwise use in commerce, any content from this website. Use without our prior written permission is strictly prohibited. If you violate any of these terms, your permission to use the Content will automatically terminate and you must immediately destroy any copies you have of any portion of the Content.