

The Safety First Sprout Protocol

Six non-negotiable rules for clean, safe, delicious sprouts every single time

Sprouting is simple — but it's still raw food, and raw food demands respect. Follow these six protocols every batch, every time, and you'll never have to worry about what's growing in that jar. Skip one and you're rolling the dice. **Grow Your Own Way!** — but always grow it safe.

1



SEED SELECTION

Buy seeds specifically tested for pathogens and labeled "For Sprouting" only.

Why it matters: Generic garden seeds aren't tested for **Salmonella** or **E. coli**. Don't risk the "funk" for a bargain.

2



CLEAN YOUR EQUIPMENT

Scrub jars and mesh lids in hot, soapy water (or a dishwasher) between every batch.

Why it matters: Old seed residue or standing water is a breeding ground for bacteria. Start fresh every time.

3



USE COOL WATER ONLY

Always use cool, drinkable water. Never use warm or "tepid" water for rinsing.

Why it matters: Warm water spikes the internal temperature of the jar, encouraging slime and bacterial buildup.

4



TILT & DRAIN PROPERLY

Stick to the 45-degree tilt and give the jar a firm "thump" after rinsing.

Why it matters: Standing water creates a "swamp" that drowns seeds and invites mold.

5



TRUST YOUR NOSE

If your jar smells like rotten eggs, ammonia, or old laundry — it's a "No-Go".

Why it matters: Healthy sprouts smell fresh and earthy. If it smells "off," don't taste it — toss it and start over.

6



DRY BEFORE STORING

Spin sprouts bone-dry in a salad spinner before putting them in the fridge.

Why it matters: Moisture is the enemy of shelf life. Dry sprouts stay safe and crunchy; wet sprouts get slimy.

X WHEN IN DOUBT, TOSS IT OUT!

If a batch ever smells funky, looks slimy, or just feels "off" — **do not taste it to check**. Toss the whole batch, scrub your equipment, and start fresh. A new batch takes just a few days. Food poisoning takes much longer to recover from. Your health is always worth more than a jar of sprouts.

Listen, sugar — I'm a gardener, not a doctor. This guide is for educational fun only. While I'm here to help you grow like a pro, sprouting involves raw food and requires strict cleanliness to keep things safe. The author and Dirt Diva Diaries aren't responsible for how you handle your jars or any health outcomes. These statements haven't been evaluated by the FDA and aren't medical advice. Use your common sense and follow the protocols.