



FROM THE PRIVATE FILES OF THE DIRT DIVA DIARIES

📄 Save Your Sprout Seeds Checklist

The 5 biggest mistakes beginners make — and how to avoid them.

Most failed batches come down to one of just five simple mistakes. Read through each card, learn the fix, and you'll be sprouting with confidence from Day 1. Keep this sheet near your sprouting station for easy reference — and remember: *Grow Your Own Way!*

1 🐸 The "Brassica Bath" — Over-Soaking

✗ THE MISTAKE

Soaking Broccoli, Radish, or Mustard seeds for 8-12 hours.

⚠️ THE RESULT

The seeds drown, ferment, and smell like rotten eggs.

+ THE FIX

Stick to the **1-3 hour soak window** for all Brassicas. They need oxygen to breathe almost immediately!

2 🏠 The "Crowded House" — Too Many Seeds

✗ THE MISTAKE

Filling the jar 1/4 full of dry seeds.

⚠️ THE RESULT

As seeds expand (up to 10x their size!), they choke out airflow, create heat, and rot in the middle.

+ THE FIX

Use the Yield Column on your DDD Chart. Usually **1-2 tablespoons** is the absolute limit for a quart-sized jar.

3 🌊 The "Swamp" — Poor Drainage

✗ THE MISTAKE

Leaving a pool of water at the bottom of the jar after rinsing.

⚠️ THE RESULT

Mold and bacterial growth — the "fuzzy white stuff" that isn't root hairs.

+ THE FIX

Rest your jar at a **45-degree angle** in a draining rack. Give it a "thump" after rinsing to remove every drop of standing water.

4 ☀️ The "Sunburn" — Too Much Light Too Soon

✗ THE MISTAKE

Putting the jar in a sunny windowsill from Day 1.

⚠️ THE RESULT

The jar acts like a greenhouse, cooking the delicate sprouts and making them tough and bitter.

+ THE FIX

Keep sprouts in a **cool, dark cupboard** for Days 1-4. Move to indirect light only for the final 24 hours to "green them up" with chlorophyll.

5 💧 The "Rinse & Forget" — Inconsistency

✗ THE MISTAKE

Rinsing once a day or using warm water.

⚠️ THE RESULT

The seeds dry out or get slimy from bacterial buildup.

+ THE FIX

Rinse **twice a day** (morning and night) with **cool water**. Cool water lowers the jar's internal temperature and keeps sprouts crisp.