



FROM THE PRIVATE FILES OF THE DIRT DIVA DIARIES

The Signature Sprout Mixing Menu

Four blends worth growing — ratios, flavors, tips, and a little attitude included.

THE BLEND	THE MIX RATIO	FLAVOR PROFILE	IVY'S SASS	KEV'S PRO-TIP
The "Zesty Taco" Blend SPICY & CRISP	2 parts Clover 1 part Radish 1 part Mustard	<i>Fresh, crunchy base with a sharp, peppery kick that mimics a mild horseradish.</i>	<i>"Finally, a taco topping that actually has an opinion. Skip the soggy iceberg and use this instead."</i> — Ivy	<i>"Soak the clover overnight, then add the radish and mustard for the last 2 hours to prevent the spicy seeds from drowning."</i> — Kev
The "Protein Powerhouse" HEARTY & NUTTY	1 part Mung Beans 1 part Lentils 1 part Chickpeas (or Wheat Berries)	<i>Earthy, dense, and filling. The "steaks" of the sprout world.</i>	<i>"Kev loves this because it's "functional." I love it because it's the only sprout that stands up to a heavy salad dressing."</i> — Ivy	<i>"Full 12-hour soak. Use a large jar — this mix expands significantly. Max 2 tablespoons of dry seed per quart jar."</i> — Kev
The "Green Goddess" SUPERFOOD SYNERGY	2 parts Alfalfa 2 parts Broccoli 1 part Fenugreek	<i>Mild and fresh with a subtle maple-syrup scent from the fenugreek.</i>	<i>"This is the "I have my life together" blend. Light, pretty, and makes your kitchen smell like a fancy spa."</i> — Ivy	<i>"Sulforaphane from broccoli + vitamins from alfalfa = a potent supplement you can eat. Give fenugreek a vigorous initial rinse — its hard seed coat needs it."</i> — Kev
The "Sweet Morning" Blend MILD & CRUNCHY	2 parts Wheat Berries 1 part Sunflower (Hulled)	<i>Surprisingly sweet and buttery — like cereal that grew in a jar.</i>	<i>"Think of this as cereal that grew in a jar. Perfect on yogurt or just handfuls at a time when you're running out the door."</i> — Ivy	<i>"Harvest early — tails should be just a quarter-inch long. Let wheat berries go too long and they lose their sweetness and go woody."</i> — Kev