

# Growing Sprouts

Your complete soak & harvest timing reference — 15 beginner-friendly sprouts

**Sprouts are one of the fastest, most rewarding things you can grow at home.** All you need is a jar, some water, and a little patience. Use this chart to track soak times, harvest windows, and flavor notes for the most popular varieties. Start with **mung beans, lentils, or quinoa** — they're the most forgiving for beginners!

#	SPROUT VARIETY	⏰ SOAK TIME	🌱 HARVEST WINDOW	📝 NOTES
1	Alfalfa	4-6 hrs	5-7 days	One of the most popular sprouts. Light, mild flavor. Great on sandwiches and salads.
2	Mung Beans	8-12 hrs	3-5 days	The classic bean sprout used in Asian cooking. Crunchy and satisfying.
3	Lentils	8-12 hrs	2-4 days	One of the fastest and easiest. Earthy flavor and very nutritious.
4	Radish	6-8 hrs	4-6 days	Spicy and peppery — adds a nice kick to dishes.
5	Broccoli	6-8 hrs	5-6 days	Mild flavor but nutritionally dense, especially in sulforaphane.
6	Sunflower	8-12 hrs	7-10 days	Nutty and hearty. Often grown in soil rather than a jar for best results.
7	Chickpeas (Garbanzo)	12-16 hrs	2-4 days	Great for eating on their own or tossing into salads and hummus.
8	Fenugreek	8-12 hrs	3-5 days	Slightly bitter and maple-like. Good for digestion and popular in Ayurvedic cooking.
9	Clover	4-6 hrs	5-7 days	Very similar to alfalfa — mild, delicate, and great in salads.
10	Peas (Whole)	8-12 hrs	2-4 days	Sweet and crunchy. Excellent snack straight from the jar.
11	Wheat Berries	8-12 hrs	2-3 days	Short sprout, sweet flavor. Often used in bread or eaten raw.
12	Quinoa	2-4 hrs	1-2 days	One of the quickest sprouts. Mild flavor and a complete protein.
13	Adzuki Beans	8-12 hrs	4-5 days	Nutty and slightly sweet. A staple in Japanese cuisine.
14	Cabbage	4-8 hrs	4-5 days	Mild and slightly sweet. High in vitamins C and K.
15	Buckwheat (hulled)	30 min-1 hr	2-3 days	Very short soak needed — over-soaking makes them slimy. Mild, earthy flavor.

### ✦ DIRT DIVA'S SPROUTING TIPS

**Rinse twice daily** with cool water to keep sprouts fresh and prevent mold. **Drain thoroughly** each time — standing water is the enemy. Keep jars in indirect light and **harvest before leaves fully open** for the best flavor and nutrition. When in doubt, taste-test at the early end of the harvest window!