

# Terradisiena Geo Sprouter

**HOW TO SPROUT:** Soak seeds in water overnight (8-10 hours). The following day rinse seeds under running water and spread evenly on the trays, gently using your hands if necessary. Water seeds with a full glass of water at least 2 times a day (1 in the morning, 1 in the evening); in case of hot climates, give water more frequently to avoid seeds drying. While sprouting a big amount of seeds, take care to move seeds during the period to water them equally. Keep the sprouter at room temperature indoors and avoid direct light on seeds. Sprouts are ready in 3-5 days according to varieties and temperatures. Keep refrigerated up to 1 week.

Before consumption, remove hulls from sprouts if necessary.

