

How to Grow Sprouts in a Jar

Growing sprouts in a jar is a quick, easy, and fun way to grow your own greens! Let's start!
Grab some **sprouting seeds** or **vegetable seeds**, a **large jar**, and a **cheesecloth** or **fabric**!



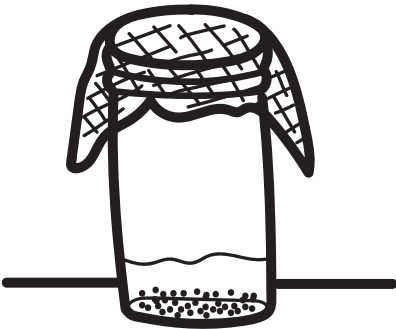
- 1.** Sterilize your jar: place jar without lid in pot, cover with water, and boil jar for 5 minutes



- 2.** Dry jar with papertowel, 2 tablespoons of seeds in jar, and cover with warm water



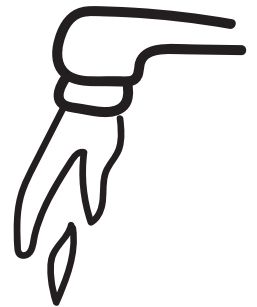
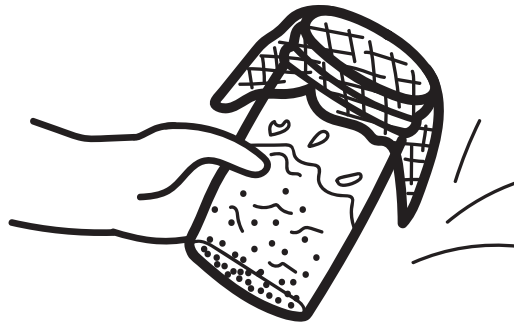
- 3.** Place cheesecloth over top of jar and secure it with a rubber band & let jar sit overnight



- 4.** Next day, drain water through cheesecloth



- 5.** Rinse seeds: add more water, swish it around, and drain water



- 6.** Repeat previous step 2x a day, every day, for 3-7 days, until you see sprouts!