How To Grow Alfalfa Sprouts

Sprouts production

First, as sprouting take only soaking, rinsing, greening and harvesting, use alfalfa seeds which are made for sproutig and consumption. Fill a glass jar of 500ml with water, add 2 table spoons of seeds, mix them around for all seeds to get submerged in water at set it a side i room temperature for 8-12 hours.
Similarly, rinse seeds for 2-3 times afetr soaking, drain out the water and put seeds in the room temperature away from light. Rinse and repeat regularly 4 times daily for the seeds to germinate in 3 days which are then rinsed twice a day after grmination.
At day 5 when all seeds haqve sprouted, put the ghlass jar outside and after 6-7 days, provide more light ad air to sprouts and don’t rinse again. Finally for storage, sprouts s#hould be refrigerated.