

## *hawos* Clay Sprouters

Your clay sprouter consists of five parts: a lid, three perforated sprouting dishes that stack neatly on top of one another, and a slightly larger bottom bowl which holds the three sprouting dishes. The sprouter is made of untreated clay and the bottom bowl is glazed on the inside with lead-free glaze.

Conditions in the sprouter are very similar to the natural conditions in soil: the pores in the clay sprouting dishes provide for good ventilation and the clay's ability to absorb water assures uniform moisture without actually immersing the seeds in water.

Our select, natural clay from the Odenwald is fired at temperatures that permit it to harden, yet still remain porous (kiln-fired clay). Thus, it can absorb 10% of its weight in water.

The darkness inside the sprouter intensifies the flavor of the sprouts. In a taste test held by the Study Group for Nutritional Research in Bad Liebenzell, Germany, sprouts grown in clay sprouters were preferred without exception. If you prefer to eat watercress, alfalfa and other sprouts when they are green and rich in chlorophyll, simply open the lid and place the sprouter in the light a day or so before you plan to eat the sprouts.

For successful sprouting we recommend using untreated seeds from certified organic farms with the right type of water. If your water is hard and/or rich in nitrates, use distilled or spring water. Otherwise the calcium in hard water can clog the pores in the clay or nitrates can pass into the sprouts. Filters to remove the nitrate ions from the water are also available.

### Growing Sprouts

Sprouting begins only when the seeds have absorbed a significant amount of water. Dry seeds contain only 5 to 12% water, but after soaking for just a few hours they hold 70% water. Using the soaking times recommended in the seed guide, wash the seeds thoroughly in a container with lots of water. Plant remnants and husks can be skimmed off the surface of the water.

#### .....in the Clay Sprouter

Place one of the three sprouting bowls in water for five minutes. This permits the porous clay of the bowl to absorb water, which later provides a good environment for sprouting. Remove the sprouting dish from the water and place the washed seeds into it. Now fill it with water, let drain and then place the sprouting dish into the glazed bottom bowl. Put on the lid. And you're done! The sprouts can be harvested as early as 3 to 4 days later.

If you use small seeds which may fall through or clog the perforations in the sprouting dish, place the seeds on a piece of cheese cloth or something similar that can be removed easily after they have begun to swell. Be sure to give the swelling seeds a quick rinse both in the morning and evening. Use the water in the bottom bowl to water plants; it is rich in vitamins and minerals.

It is ideal to start a new sprouting dish each day. After your first harvest, clean the empty dish and start fresh. This way you have another batch of fresh sprouts starting on the fourth day. Of course it is also possible to start all three sprouting dishes at once. This will give you a bigger harvest after 3 to 4 days and then a break when you begin your next batch.

If you start a new sprouting dish every day, you will enjoy a constant supply of fresh, healthy sprouts for delicious meals, tasty salads, on bread, or to eat alone as a snack.

### Cleaning the Sprouter

hawos kornmühlen GmbH – Massenheimer Weg 25 – D 61352 Bad Homburg –  
[www.hawos.de](http://www.hawos.de) – Tel.: +49(0) 6172-40120-0 Fax: +49(0)6172-40120-19

After soaking and after harvesting, the used sprouting dishes and the bottom bowl should be scrubbed with a stiff brush under running water. Dark spots on the bottom of the dishes will not affect the sprouting in any way.

If you prefer, you can also boil the sprouting dishes; however, be sure to use only distilled water so that pores in the clay do not become clogged with the calcium which precipitates at 60° C. Seeds or pieces of sprouts that may become embedded in the individual pores can be easily removed with a needle.

## Trouble Shooting for Sprout Gardeners

Why don't some seeds sprout? Or why do some batches of sprouts mold?

- Sometimes seeds have been chemically treated or stored improperly. Thus it is a good idea to buy your seeds for sprouting at your health food store.
- The temperature is too low / there is not enough moisture: place the sprouter near a heater / water more frequently.
- If the sprouts become moldy, there is too much moisture and it is too cool: adjust your conditions accordingly.
- There are contaminants in the water: use distilled water.
- Molds or bacteria have invaded the sprouter: either boil the sprouter or rinse it with vinegar and water.

(Be sure to rinse the sprouter thoroughly with fresh water before starting a new batch of sprouts.) Please refer to the instructions in the Sprouting Guide on the back cover and on the package of seeds.

<b>SPROUTING GUIDE</b>		
<b>Type</b>	<b>Soaking Time (Hours)</b>	<b>Sprouting Time (Days)</b>
Aduki Beans	12	4
Alfalfa	6	7
Fenugreek	6-8	2
Buckwheat	6	3-4
Peas	12	3
Barley	12	3
Oats	-	2-3
Millet	10	3
Chickpeas	12	3-4
Watercress	-	3
Pumpkin Seeds	7	2-3
Flax Seeds	12	2-3
Lentils	7	3
Mung Beans	12	3-4
Mustard Seeds	-	3-4
Rice	12	3-4
Radish Seeds	-	3-4
Rye	12	2-3
Sesame Seeds (Unhusked)	6	2
Soya Beans, yellow	12	3-4
Sunflower Seeds	6	2
Wheat	12	2-3