

Kitchen Garden's Guide to garden fresh vegetables year 'round.

Seed	Soak Time	Water, Rinse & Drain	Harvest Time
Alfalfa	8 hours	3 times a day	3-4 days
Beets	8 hours	3 times a day	3-5 days
Chia	8 hours	Mist only/3x a day	3-5 days
Chinese Cabbage	8 hours	3 times a day	3-4 days
Corn	8 hours	3 times a day	2-4 days
Cress	No	Mist only/3x a day	3-5 days
Dill	8 hours	3 times a day	3-5 days
Fenugreek	8 hours	3 times a day	3-5 days
Garbanzo	8 hours	3 times a day	3-4 days
Lentil	8 hours	3 times a day	2-4 days
Millet	8 hours	3 times a day	3-5 days
Mung Bean	8 hours	3 times a day	3-4 days
Mustard	No	3 times a day	3-5 days
Oats	8 hours	3 times a day	2-3 days
Peas, Alaskan	8 hours	3 times a day	3-4 days
Radish	8 hours	3 times a day	3-4 days
Red Clover	8 hours	3 times a day	3-5 days
Rye	8 hours	3 times a day	2-3 days
Sesame	8 hours	3 times a day	2-3 days
Soybean	24 hours	3 times a day	3-5 days
Sunflower	8 hours	3 times a day	3-5 days
Triticale	8 hours	3 times a day	1-2 days
Wheat	8 hours	3 times a day	2 days

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Kitchen Garden Two Tray Seed Sprouter Instructions



Grow Fresh Sprouts
In Just 3 to 5 Days

Includes:

1 oz. Certified Organic Alfalfa Seeds
2 Stackable Growing Trays
Drain Trays & Crisper Lid
Instructions



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Welcome to the fun, healthy world of sprouting.

If you are new to sprouting, you are about to begin a fun and exciting adventure in delicious and nutritious eating. Nutrition has never been as important as it is today. Modern day diets and commercial processing of our foods have left us with a nation of people filled with empty calories and preservatives. Now you can grow your own fresh, live, wholesome sprouts packed with all the natural vitamins, nutrients and enzymes nature intended you to have. Fresh sprouted seeds increase an amazing 30%-600% in vitamins, minerals, acid and protein content—some of the most nutritious foods available. When combined with omelets, casseroles, salads, soups and sandwiches, they make family eating not only extremely nutritious, but add variety and a fun gourmet touch to your meals.

The Kitchen Garden Design

The design of the Kitchen Garden allows the most thorough rinsing possible. Another feature is that your sprouts have a chance to breathe, which is a must for healthy, good tasting sprouts. The stackable design saves valuable counter space and allows you to sprout two varieties of seeds at a time or the same seed in successive days so that fresh sprouts may be enjoyed continuously. Your Sprouter also includes a drip tray (small tray) and lid. The only thing required of you is to keep the seeds moist and warm (65-80° F). The rest is up to Mother Nature.

How to use your Kitchen Garden

1. Select seeds, grains or beans to be sprouted in the proper amount.

SEED TYPE	AMOUNT PER TRAY
Grasses (alfalfa, clover, ect.)	2 Tbs.
Grains (wheat, rye, triticale, ect.)	1 Cup
Legumes (beans, peas, lentils, ect.)	¾ cup

2. Soak seeds 8 to 10 hours or overnight. This will give you approximately 300% increased volume over original measure. Be sure to use a container of sufficient size to accommodate expansion.

3. Wash Sprouter thoroughly then pour seeds into sprouting trays. A light rinse will spread seeds out evenly over sprouting trays.

4. Stack trays and place smaller drip tray under the bottom sprouter to catch the drips. Cover sprouter with lid and place on kitchen counter out of direct sunlight.

5. Rinse thoroughly 3 to 4 times each day at 6 to 8 hour intervals by placing sprouter under light spray of cool water or by filling the sink about 1/3 full with cool water and dipping the sprouter repeatedly. Drain sprouter well after rinsing. You want moist sprouts, not wet ones. Tilting the sprouter will help with draining.

6. As your sprouts grow, some roots will penetrate the screen. While you are rinsing, gently pull roots from screen.

7. Taste your sprouts as they grow to determine when they are most appealing to you (usually 3 to 5 days). In the 3rd or 4th day, alfalfa sprouts take on a beautiful green hue if left uncovered and exposed to normal window light or room lights. Do not put in direct sunlight.

8. Now enjoy the succulent taste of nutritious, vitamin enriched, freshly sprouted seeds, considered by many experts to be the most perfect food you can eat.

9. Many sprouts store from days to weeks when placed in plastic bags and stored in the refrigerator. Scrub your Kitchen Garden thoroughly with a brush and you will be ready to begin the sprouting process one again. **Dishwasher cleaning is NOT recommended as the excessive heat may cause warping of the trays.**

How to use Sprouts

Sprouts can be added to so many types of foods and recipes. Use them alone or mix with other sprouts. Use them in place of lettuce whenever possible because they have more nutritional value. Try a taco stuffed with alfalfa sprouts or use with other Mexican dishes. And of course, they are perfect for Chinese and other Oriental foods. Add to breads, casseroles, soups, omelets, cereals and more. Every kind of salad ever created is better with sprouts. Your imagination is the only limit when using sprouts. See chart on next page for suggested seeds and directions.