

Exclusive Kitchen Crop™

Grow Fresh Sprouts in 3 to 5 Days

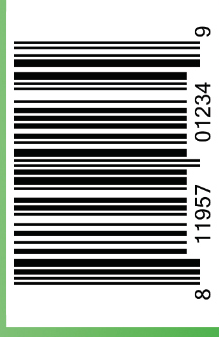
The Exclusive Kitchen Crop Four Tray Seed Sprouter produces a variety of fresh, crispy sprouts in just three easy steps:

- 1** Spread seeds in the trays.
 - 2** Add water.
 - 3** Continue regular watering for 3 to 5 days.
- It really is that simple.**

The Seed Sprouter is BPA free and reusable, so you can grow nutritious sprouts year round!

BONUS

Two Seed Packs Included. Organic Broccoli, and Organic Alfalfa Sprouting Seeds



VKP | 234

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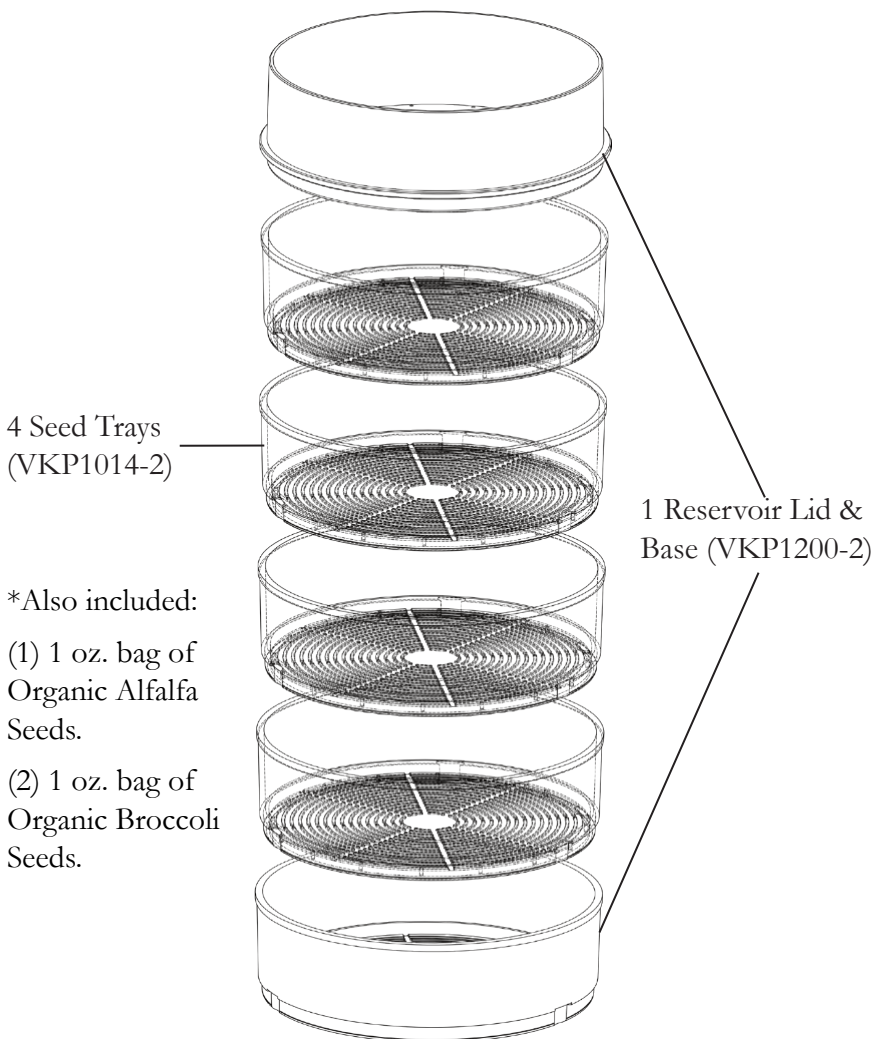
Made in USA

2 Year Warranty

Exclusive Kitchen Crop 4-Tray Seed Sprouter Model VKP1234

Sprouter Diagram

Your complete Exclusive 4-Tray Seed Sprouter includes everything shown below:



*For the most up-to-date manual, or for more information regarding this product, visit our website: **VKPbrands.com**

Operating Precautions

Read and follow the instructions in all sections of the manual before using your sprouter.

- DO NOT store any portion of the seed sprouter in direct sunlight.
- DO NOT use near hot surfaces.
- Empty the basin tray of water before each time you water the seeds.
- Dishwasher safe, top rack ONLY. Do not run the dry cycle.
- For household use only.

Product Overview

Congratulations! You can now grow your own healthy sprouts at home with your new Exclusive Kitchen Crop Seed Sprouter. It is simple to use and you will find it to be a wonderful addition to your kitchen. Your sprouter can grow a variety of sprouts for you to enjoy and its durable design means it will last for years to come.

Why the Kitchen Crop Seed Sprouter is better than other sprouter tools and methods:

Hydrophobic Irrigation System

- Allows water to remain in each tray when dry seeds are started. This enables the seeds to soak inside the sprouter and eliminates the need for presoaking them before placing inside the trays.
- After germination, the seeds release organic compounds that break the surface tension of the water and allow it to drain, leaving just enough water to keep the seeds from drying out.
- Don't be worried if small seeds cover the holes and cause the water to drain more slowly, this is not a problem. Just be patient and let the sprouter drain on its own. As the seeds grow, the water will start to drain faster.

No Soil Required

- Each seed has everything it needs to grow; you don't need to add soil or fertilizer to get your seeds to grow. Just add water.

Higher germination rate than other sprouting methods

- Because of the Hydrophobic Irrigation System this sprouter enables much higher germination rates and requires fewer seeds, saving you money.

Stackable Trays Allow Flexible Growing

- Use one tray or stack up to 10 trays at a time. The stackable trays enable you to grow large batches all at once or start a new tray each day, so you will always have your favorite sprouts ready to eat.
- Grow a variety of different sprouts at the same time. Alfalfa in one tray, mung bean in another and don't forget the lentils. The stackable trays allow you to grow all your favorite seeds at the same time. This is especially helpful when growing seeds with different germination rates.

BPA Free Durable Plastic Trays

- Not only are the plastic trays BPA free, they are also made of durable Polypropylene, which is very flexible and does not easily break.

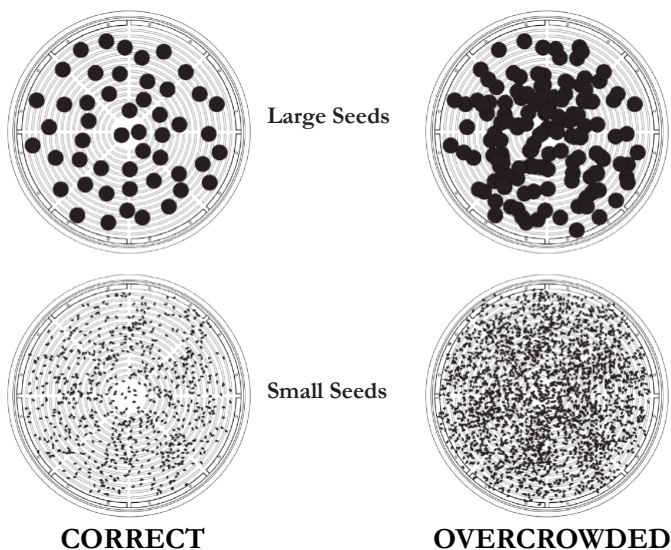
Reservoir Lid

- The reservoir lid meters the flow of water to the seed trays and allows watering without displacing the seeds in the trays below.
- Prevents the sprouts from drying out between watering but also allows just the right amount of air to enter the seed trays for optimal growing.

Care Instructions

- Clean thoroughly before first use. Sprouter can be hand washed, using a soft cloth and warm, soapy water. Make sure you dry it thoroughly before storing.
- If desired, Sprouter can be washed in the dishwasher, but on the top rack only. DO NOT use the drying cycle.
- Sprouter may develop deposits due to hard water. Soak the trays in a vinegar and water solution (1/4 c. vinegar to 1 qt. water). Soak for 30 minutes, then rinse thoroughly. For tougher buildup, increase the soak time and/or add more vinegar in the solution.

Proper Seed Amounts Per Tray



How to Use the Sprouter

1. Clean all the trays

- Wash all trays in dishwasher or hand wash and wipe with a towel or soft cloth to dry completely.

2. Place DRY seeds in the trays

- Using the right amount of seeds is VERY important; adding too many seeds crowds the trays and does not allow them to drain properly. Seeds will usually get 3 times bigger once they soak up water, so don't worry if the amount of dry seeds in the trays does not look like enough. If you follow this guide, it will be just right.
- 1 – 2 TSP Seeds in each tray – See diagram above.

3. Watering

- Stack up sprouter trays – see diagram on page 1
- Pour 2 cups of fresh, room temperature water in the top tray
- Be patient and wait for the water to drain from the trays. It can take up to 45 minutes or more for the water to drain from the top tray and collect in the bottom tray.

- Don't be alarmed if you see standing water left in some or all of the trays when you first start your dry seeds. This is the way the hydrophobic irrigation system is designed to work so that you do not have to presoak your seeds beforehand. This system leaves more water in the trays when the seeds are dry, so they can have that extra water to soak up. When the seeds begin sprouting you will notice the amount of water left in the trays is much less but still enough to keep the seeds wet so they don't dry out.
- Don't worry if small seeds cover the drain holes, the water will still drain and your sprouts will do just fine.
- As the seeds sprout, the water in the bottom reservoir base will have a green or brown tint to it. This is normal and a sign your seeds have started sprouting.

4. ROTATE trays each time you water

- Take the top clear tray and put it on the bottom of the stack of clear trays. Rotating the trays helps the trays all have a turn at getting the fresh water first and will help your sprouts grow better.

5. Continue watering 2-3 times a day

- Water each day 2 or 3 times until the sprouts are the size you would like to eat them. When you want the sprouts to stop growing, simply put the trays in the refrigerator. You will need to cover the trays to keep them from drying out. TIP – keep the trays stacked and use the reservoir lid to cover them or an empty clear tray to cover them.

Using Sprouts

Sprouts are one of the best sources of nutrition available, offering high amounts of vitamins, protein and fiber. Use the simple ideas below to help you incorporate more sprouts into your diet.

- **Salads:** Blend sprouts with lettuce to boost the nutritional value of simple salads. Sprouts by themselves make a tasty side salad, or you can combine them with raw vegetables for dipping.
- **Sandwiches:** Dress up any sandwich with sprouts. Thin sprouts, such as alfalfa, broccoli or clover are ideal for cold meat and cheese sandwiches. For adding something extra to hot sandwiches, use larger sprouts, such as mung bean and lentil. Use sprouts instead of lettuce in tacos, burritos, pita sandwiches, and wraps. You'll love the taste and crunch.
- **Soups:** Use very young sprouts (2-3 days) as garnish for soups. Use large sprouts, like mung bean and garbanzo, for hot soups, and small, delicate sprouts, such as alfalfa, in cold soups.

Paula A's Sulforaphane Fueled Broccoli Sprout Smoothie Meal Recipe

A superfood smoothie using Organic broccoli sprouts.

5-7 minute prep time

Yields: Two 12-16oz Servings - Approximate Calories per Serving: 340-360

Ingredients:

- 1 Cup of purified water
- 2 Cups of Ice (made with purified water)
- 1/8 teaspoon Pink Himalayan Salt
- ¼ cup Hemp Seeds
- 1 frozen banana (slices)
- 2 cups of spinach greens
- ½ cup Broccoli Sprouts
- 1 cup frozen Strawberries (slices)
- ¼ cup frozen Pineapple (chunks)
- 1 Tablespoon Cocoa Powder
- ½ teaspoon Vanilla Extract
- 3 pitted Dates or ¼ cup raisins

1. Combine all ingredients in a blender and process on the Smoothie mode.
2. Blend 45-60 seconds until completely smooth.
3. Enjoy a Vitamin A and C with Calcium and Magnesium in a Zero Cholesterol meal!!
4. Tip: Frozen slices blend faster and easier than whole fruits!

Sulforaphane is produced from Broccoli. Extensive studies have shown Broccoli Sprouts to have fantastic health benefits which include Anti-oxidant, Anti-aging, Anti-diabetic, Anti-microbial, Anti-inflammatory and Anti-cancer. Broccoli sprouts are easy to grow at home and contain concentrations of the sulforaphane precursor - glucoraphanin.



How to Grow Broccoli Sprouts Video

<https://vkpbrands.com/videos.php?v=sprout-broccoli>

Deluxe Kitchen Crop Sprouter - How to use video

<https://vkpbrands.com/videos.php?v=deluxe-sprouter-how-to-use>



Product Warranty

Register your warranty online at:
VKPbrands.com/Warranty

Model VKP1234 - Exclusive Kitchen Crop Seed Sprouter: 2 years

We are confident in the quality of our products and back each one with a limited warranty for the length of time specified above. Should you experience any problems with your product, please contact our Customer Service Department.

All warranty claims must be accompanied by a proof of purchase and are only valid if the appliance has been operated within the U.S. or Canada and used for its intended purposes. These products are for household use only.

Items Not Covered:

- Return shipping costs or returned items lost in transit.
- Damages to the product due to accident, misuse, abuse, negligence, or if the appliance has been altered in any way.
- Products used outside of the United States or Canada.

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