

Go-Sprout

Thank-you for purchasing a **Go-Sprout**, the world's easiest sprouter. Other sprouting methods are slower, require lots of attention, and still produce poor results.

The unique litre sized dual-container system uses the heat generated by sprouts to provide a continuous flow of fresh, humidified air that prevents suffocation, overheating and dehydration. A 1 to 12 hour soak followed by drainage is all that's needed to produce 500g batches of most seeds, beans and grains.

The 6 parts of the **Go-Sprout** are made of durable food grade plastic, simplifying all aspects of sprouting – soaking, rinsing, storing and serving – at home or away. The **Go-Sprout** is ideal for travel sprouting – without daily rinsing you can literally sprout on the move. At home, multiple units can stack if space is tight, and the flask is neatly sized for storage in your refrigerator.

We think you'll love the speed and convenience of the **Go-Sprout**. Freshness and vitality are guaranteed if we grow it ourselves with **Go-Sprout**.

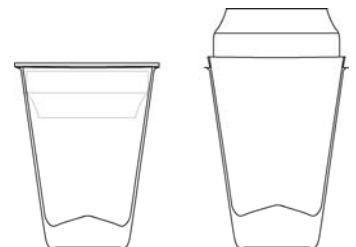
Parts list

1x Inner container
1x Outer container
1x Small seed insert

1x Dome lid / measuring cup
1x Vented lid
1x Solid lid

Configuration

The inner container sits inside the outer container. By rotating either container you may choose for the containers to be level, or for the inner container to be raised. In the raised position, you may use the dome lid (with the dome rising above the sprouter). In the level position, you may use the vented lid. Both positions maintain air flow and retain moisture for efficient sprouting so long as the respective lid is kept covering the container. The dome lid can also be inverted creating a 2 layer storage.



The small seed insert fits in the bottom of the inner container, and should be used when sprouting small seeds such as alfalfa. All **Go-Sprout** Organic Sprouting Mixes will require use of the small seed insert.

Caring for your Go-Sprout

Clean up your **Go-Sprout** with a brush and ordinary washing up liquid. To remove stains fill with water and bleach and leave overnight. You may also place the **Go-Sprout** in a dishwasher on the top rack only.

Getting Started

Place seeds, beans or grains into the dual container with warm water. Sometimes seeds may need a little cleaning, in which case stirring them around will either bring debris up to the surface or drop it through the slits at the bottom. When you're done soaking, simply lift out the inner container to drain. No water should be left in the outer container.

Seed quantity: Use up to 2 cups of grains, whole sesame and hulled sunflower. Use up to 1½ cups of beans and hulled buckwheat. Use up to ½ cup of salad mixes such as alfalfa, broccoli, and **Go-Sprout** seed mixes.

Please do not use chia, cress, flax or other mucilaginous seeds. These are seeds that produce a jelly-like sack around themselves when first soaked, which prevents drainage and air flow. If you have a seed mix containing mucilaginous seeds, it may work if the percentage mucilaginous content is low.

Soaking: It's critical. Under soak and a seed won't grow. Over soak and a seed ferments due to anaerobic respiration. Once germination begins, a sprout holds enough moisture to reach an optimum stage of palatability and nutrient density. The **Go-Sprout** technique requires warm water (especially legumes), followed by thorough drainage and loosening of the seed mass. You may shake and swirl the container a little with the lid in place to loosen the seeds. When using a large quantity of seeds, particularly small seeds, there may be a benefit to further loosening the seed mass around the 2 day point. If you choose not to do this, there will likely be a thin layer of un-sprouted seeds at the bottom of the flask, but more bothersome will be the thick woven carpet nature of your sprout batch.

Rinsing: The **Go-Sprout** method is a no-rinse system, which means no daily rinsing. Other manual sprouting methods require rinsing at least every 12 hours, and usually require 3 rinses per day. Although the **Go-Sprout** doesn't require daily rinsing of this fashion, we recommend rinsing salad types (small seeds) immediately after draining them. You can fill the assembled container with water, stir, and drain a few times to accomplish this. Extra rinsing is also required with buckwheat, which will make the soaking water very thick. All other non-salad types, particularly legumes, grow, taste and store better with no rinse (wetness blocks oxygen).

Alfalfa is well known for its seed hulls and ratio of hard seed (seeds that don't sprout). You may wish to put sprouted alfalfa in a bowl of cool water to separate and skim the hulls. To grow long alfalfa begin with around ¼ cup of dry seeds. Follow the normal procedure and remove after a few days. Rinse and drain well, remove the alfalfa insert and return the sprouts to the **Go-Sprout**, rinsing regularly until the desired length is reached.

Seed type	Hours to soak	Hours to sprout
All beans (mung, aduki, soya, chickpea, pinto, black eye etc.)	8-12	16-36
Lentils	6-8	16-36
Millet, hulled barley, hulled oat	2-4	4-18
Wheat, spelt, kamut	8-12	12-36
Quinoa	2-4	12-24
Rye, un-hulled barley, un-hulled oat	4-8	16-36
Hulled buckwheat	½ -1	8-24
Un-hulled sesame	1-2	8-18
Hulled sunflower	1-2	0-15
Almonds	8-12	0-18
All salad types (broccoli, alfalfa, fenugreek, clover, radish, mustard, cabbage etc.)	6-8	36-96