

## ALFALFA - sprouts

The most popular and famous seed sold worldwide. Alfalfa is nutritionally a complete food with anti-oxidant proprieties.

Seeds soaking (hours)	Rinse per day	Days to harvest	Yield (weight ratio)
6-12	2-3	5-6	5 :1



**Seeds**



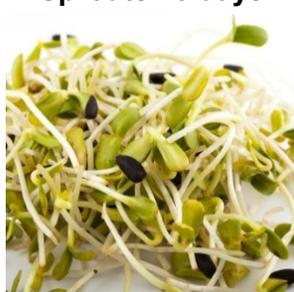
**Sprouts / 3 days**



**Sprouts / 4 days**



**Sprouts / 5 days**



**Sprouts / 6 days**



**Microgreens / 8 days**

**Taste** Delicate and refreshing flavor with a crunchy consistency. Alfalfa is generally well appreciated.

**Appearance** Small brownish-yellow seed. The white sprouts with yellow heads make nice decorations.

**Nutrient** Rich in good quality proteins (20 %), minerals and oligo elements (iron, calcium, phosphorus, sulfur, magnesium), vitamins (A, B, C, D, E, F, K), chlorophyll and fibers.

**Tip** After yielding, wash many times and dry well. Generally associated with seeds with mucilage like basil and rocket. It also agrees well with strongly flavored seeds like fennel or spicy seeds as radish.

### Germination method in a container (jar):

1. Fill the bottom of a jar with 3 to 4 layers of seeds.
2. Cover the top of the jar with a screen type material and fix with elastic.
3. Carefully clean with lukewarm water and drain well.
4. Soak overnight in lukewarm water in the proportion of 3 times the water for the volume of seeds (about 8 hours).
5. Remove the water, rinse well under lukewarm water, and drain PERFECTLY.
6. Tilt your container 45° to help with drainage.
7. Cover the container with a cloth, allowing for air to circulate.
8. Rinse 2 times daily (morning and evening).
9. As soon as small leaves appear, remove the cloth and place the jar in direct light allowing for the chlorophyll to develop.

Note: while rinsing, remove any floating or bottom of the jar rinds and clean your alfalfa. It will then become crunchy and will keep better.



**Seeds soaking**



**Sprouts / 1 day**



**Sprouts / 3 days (in darkness)**



**Sprouts / 5 days (put in light on the 4th day)**