

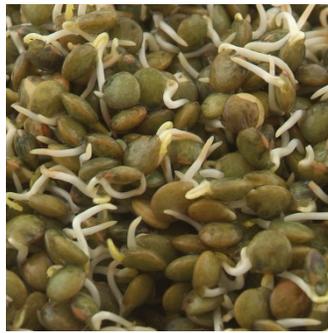
## *LENTIL (green, coral or brown) -sprouts and microgreens*

The lentil sprout has a sweet taste and is an important source of proteins. It contains 300% more soluble fiber than dried lentils and a sufficient level of the essential amino acids.

Seeds soaking (hours)	Rinse/drain per day	Days to harvest		Yield (weight ratio)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
8-12	2-3	2-3	n/d	2: 1	n/d



Seeds



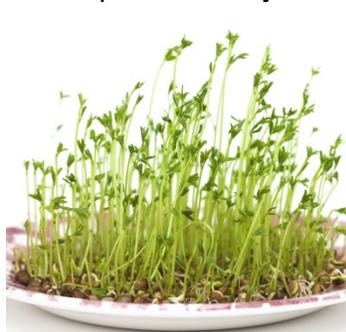
Sprouts / 3 days



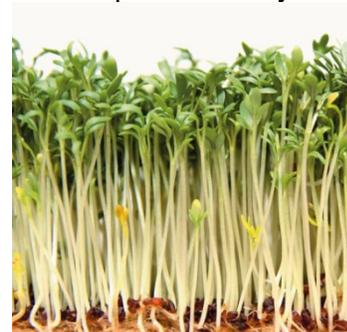
Sprouts / 6 days



Sprouts / 8 days



Microgreens / 6 days



Microgreens / 10 days

**Taste** Taste, more or less pronounced depending on the species, slightly sweet with a hazelnut-like smell reminding of the white bean. Coral colored lentils generally have a more delicate flavor.

**Appearance** Round or a bit flat in form, light brown, dark green (le Puy), red (coral).

**Nutrient** Important source of proteins, iron and calcium. Contains A, B1, B2, B3, B6 and C vitamins, as well as minerals and oligo-elements (phosphorus, manganese, zinc).

**Use** Can be consumed as soon as the germ is visible and until 2 to 3 cm and as the young shoot (10-12 cm). You can eat raw or cooked (softly steamed for 5 minutes).

### **Germination in a sprouter:**

1. It is very important to carefully rinse the seeds as there could contain small stones. Sort them out and through those that are broken, they will not germinate.
2. Place the lentils in a glass container. Soak, in 3 times their volume of water, for about twelve (12) hours. Cover the container with a piece of cheese cloth, allowing for oxygenation and making it easier when rinsing.
3. After soaking, through the water, rinse and place the seeds in the tray of the sprouter. Put water in the tray and let drain.
4. Note: The water retrieved from soaking can be used to water your plants.
5. Cover the sprouter with a cloth and leave at room temperature. The obscurity will help grow the roots. Rinse the lentils in the morning and at night under lukewarm water to avoid dryness. Repeat this operation for 6 to 8 days.
6. Germination is completed once the germ shows and holds a small leaf. Sprouted lentils can be kept for 7 days in the fridge in a sealed container.

### **Hydroponic method**

- Follow steps 1 and 2 above.
- Place a piece of cotton or a moistened piece of felt at the bottom of a container, a plate or a seedling tray and put the seeds in tight rows.
- Cover with the transparent lid or a plate.
- When seedlings start to grow, remove the lid and place them in daylight away from direct sun rays.
- Moisten them regularly by spraying with water at room temperature.