Hydroponic Sprouts

What you need:
- Jar (the bigger the better)
- Elastic band
- Small square of mesh (Can be found at local hardware store) or panty hose
- Seeds

What to do:
1. Sanitize your jar by boiling it in water for 8 minutes until it's squeaky clean.
2. Add about 2 tablespoons of your seeds
3. Cover the seeds in water and soak them for 4-6h in cold water, then strain water out
4. Rinse them in jar twice a day for about 6 or 7 days until they sprout. Make sure you tilt your jar so that all excess water drains out.

To harvest: Rinse sprouts one last time in cold water. Put them onto a clean towel, dry well and refrigerate—or eat fresh! Sprouts should stay good for up to 2 weeks.

Fun Facts
- Hydroponic sprouts are an abundant source of enzymes, which can keep our bodies healthy and fit!
- Worm castings (AKA worm poo) improves plant growth by over 20% and increases root mass by 150%.
- Each method of growing sprouts enable you to see exactly how your food is grown, and where it comes from. In growing your own food you are taking one small step towards creating a more sustainable future and a healthier environment.
Container Gardening

Materials
Soil: 1/3 potting soil, 1/3 coconut coir, 1/3 worm castings
Seeds: Depends on how much is expected to grow
Containers: Any size that is suitable for the type of seeds your growing. Avoid using #3, 6, and 7 containers (check number on the bottom)

How?
1. Clean container (punch holes in the bottom to create drainage if necessary)
2. Fill container with soil mix (potting mix, worm castings, and coconut coir). Leave room at the top for an extra layer of soil to be added later.
3. Place seeds in the soil (the depth should be 3x the length of the seed)
4. Cover the seeds with another layer of soil mix
5. Water and keep in a sunny location

Resources:
Evergreens Garden Market, Sheridan, or even your local hardware store (home hardware, home depot etc.) are a great place to find soil, seeds, jars and containers. The seeds we used today were Mumms sprouting seeds and Urban Harvest seeds. They are great for hydroponic sprouts and container gardening as they are organic, with no pesticides used on them. These seeds can be found online, at nutrition stores, at the Evergreens Garden Market, or at the Big Carrot.

If you want to learn more or if you have any questions you can e-mail us at giygrowityourself@gmail.com. Other great sites to look at include www.sprouting.com and www.torontosprouts.com!