

Soaking and Sprouting Chart



Seeds

Seed Type	Dry Measure	Soak Time	Sprout Time	Yield	Notes
Alfalfa	3 tablespoons	5 hours	5 days	4 cups	
Buckwheat	1 cup	6 hours	5-7 days	3 cups	
Clover	3 tablespoons	5 hours	5 days	4 cups	
Fenugreek	¼ cup	6 hours	5 days	4 cups	Mucous dissolving
Flax	1:1 seed/water	8 hours	-	-	Soak only
Hemp	-	-	-	-	Do not soak
Kale	¼ cup	5 hours	5 days	4 cups	
Mustard	3 tablespoons	5 hours	5 days	4 cups	
Pumpkin	1 cup	4 hours	24 hours	2 cups	Hulled
Radish	3 tablespoons	6 hours	5 days	4 cups	
Sesame	1:1 seed/water	4 hours	-	-	Hulled; Soak only
Sunflower	1 cup	4 hours	24 hours	2.5 cups	Hulled; use quickly, spoils easily



Grains

Seed Type	Dry Measure	Soak Time	Sprout Time	Yield	Notes
Amaranth	1 cup	3 hours	24 hours	3 cups	
Barley	1 cup	6 hours	5-7 days	3 cups	
Kamut	1 cup	6 hours	5-7 days	3 cups	
Millet	1 cup	3 hours	12 hours	3 cups	
Quinoa	1 cup	3 hours	24 hours	3 cups	
Rye	1 cup	6 hours	5-7 days	3 cups	
Spelt	1 cup	6 hours	5-7 days	3 cups	
Wheat	1 cup	6 hours	5-7 days	3 cups	



Nuts

Seed Type	Dry Measure	Soak Time	Sprout Time	Yield	Notes
Almonds	1 cup	12 hours	-	-	Store in refrigerator
Pecans	1 cup	1-2 hours	-	-	
Walnuts	1 cup	1-2 hours	-	-	



Beans

Seed Type	Dry Measure	Soak Time	Sprout Time	Yield	Notes
Adzuki	1 cup	8-12 hours	2-4 days	2 cups	
Garbanzo	1 cup	8-12 hours	2-3 days	2 cups	Also called chickpeas
Lentil	1 cup	8-12 hours	2-3 days	2 cups	
Mung	1 cup	8-12 hours	2-5 days	2 cups	
Peas	1 cup	8-12 hours	2-3 days	2 cups	

Length at Harvest: Sprout most seeds 1-2 inches, grains up to 4 inches, and beans ¼ to 1 inch. Exceptions include pumpkin, sunflower, amaranth, millet and quinoa which stay very short – 1/8 – 1/4 inch only.

