



Sprouting bowl for mucilaginous seeds

On contact with water, some seeds develop a slimy and sticky film which is called mucilage. These include basil, chia, cress (garden and wild fountain), linseed, mustard, perilla, purslane, rocket, camelina... These seeds cannot be sprouted in traditional sprouters. You will, however, be able to obtain excellent results using the sprouting cup by following the instructions below.

Your sprouting bowl consists of two parts: a ceramic bowl and a grid. Wash these accessories thoroughly prior to first use.

1. Take a teaspoonful of Germline seeds and rinse them for around 30 seconds in a sieve under cold running water. Then pour them into a glass of water and soak for approximately fifteen minutes.

2. Fill the cup with water up to 4-5 mm from the top.

3. Spread the seeds in a fine layer over the grid to cover it completely, taking care as much as possible to have the seeds in a single layer, and place the grid in the bowl so that it floats.

4. Moisten the seeds once a day using a spray gun. Remember to change the water in the cup as soon as it becomes light brown (roughly every 2 days), always taking care to fill it to the same level.

For the crop, cut off the young shoots at their base using scissors.

5. You can spread the collection over several days by removing small areas. When the entire grid has been collected, throw the mat of seeds and roots in the dustbin and start a new culture.

For utmost food safety, it is advisable to wash the germinated seeds before consumption in a vinegar water solution (around 5% vinegar solution).

Start a new crop, taking care to first clean the grid and cup thoroughly.

Expected sprouting times:

- Cress: 8 to 12 days
- Rocket: 8 to 12 days
- Linseed: 7 to 10 days
- Mustard: 6 to 10 days
- Basil: 15 to 20 days
- Chia: 8 to 12 days.