

The PH Miracle: Balance Your Diet, Reclaim Your Health

<i>Seed</i>	<i>Quantity</i>	<i>Soak time (hours)</i>	<i>Rinse/Drain (# daily)</i>	<i>Time to harvest (days)</i>	<i>Height to harvest (inches)</i>
Alfalfa	2 Tbs.	6 to 8	2	3 to 6	1 to 2
Chinese cabbage	1 cup	6 to 8	2	3 to 4	½ to 1
Fenugreek	1 cup	6 to 8	2 to 3	3 to 4	½ to 1
Garbanzo	1 cup	16	2 to 3	3 to 6	1/8 to 1
Lentil	1 cup	8 to 12	2 to 3	2 to 4	½ to 1
Mung bean	½ cup	8 to 12	2 to 3	2 to 4	½ to 1
Peas	½ or 1 cup	8 to 12	2 to 3	2 to 3	½ to 1
Radish	2 Tbs. or 1 cup	6 to 8	2	3 to 4	½ to 1
Red clover	2 Tbs.	8	2	3 to 6	½ to 2
Sesame	¼ cup	8	2	1 to 3	0 to 1
Soybean	½ or 1 cup	16	3	3 to 5	½ to 1
Sunflower, hulled	½ or 1 cup	6 to 8	2	1 to 2	0 to ½

WAYS TO USE SPROUTS