How to Grow Lentil Sprouts

Supplies:
1. Quart jar with a wide-mouth
2. Square of cheesecloth
3. Rubber band
4. ¼ cup of lentils

Directions:
1. Wash ¼ cup of lentils in a colander or strainer. Put in a sanitized wide-mouth quart jar. Add 2 cups of lukewarm water. Fasten the cheesecloth over the top with a rubber band. Let stand overnight.
2. Drain off water. Turn jar upside down until all the water is drained out.
3. Hold jar on its side. Shake it so that the lentils are scattered along one side of the jar. Lay the jar on its side in a dark place like a cupboard or closet. This will give you light-colored sprouts. If you put the jar in a warm and light (but not sunny) spot, the sprouts will grow little green leaves.
4. Each morning, put the jar under the sink faucet and let lukewarm water run into it. Leave the cloth cover on. Stand the jar upside down until every bit of the water is drained out. Shake so that the sprouting lentils lie along one side. Return to the spot you have selected.
5. Watch it! Every day your little garden will look different. In about 4 days, the sprouts will be about 1 to 1¼ inches long and will nearly fill the jar. If you want the sprouts to have little green leaves, put the jar in a sunny window.

Adapted from http://www.cookingwithpulses.org

Find more resources at http://georgiaorganics.org/for-schools/makeroomforlegumes