

Fun, Easy,
& Healthy



The Kitchen Crop Sprouter produces a variety of fresh, crispy sprouts in just a few easy steps:

- 1** Pour seeds in the trays.
- 2** Add water. The exclusive siphon action distributes just the right amount.
- 3** Continue regular watering for 2 to 4 days.

☞ It really is that simple. ☞

The Kitchen Crop Sprouter is reusable, so you can grow nutritious sprouts year round!

Seed Sprouter

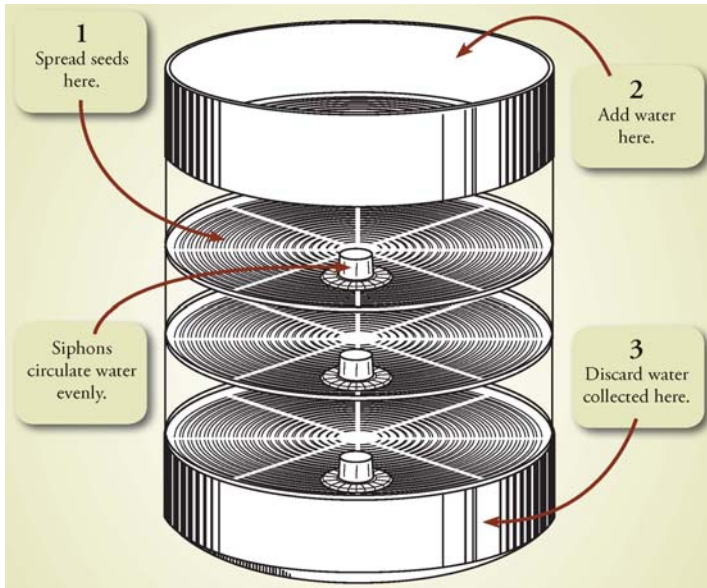
VKP1013

VictorioKitchenProducts.com



8 119571 01013 0

3-Tray Kitchen Seed Sprouter Owners Manual



The Kitchen Seed Sprouter consists of five parts: three clear germination trays, each of which is provided with a white snap-on siphon cap; one white top tray with siphon cap which is used as a cover, and to dispense water to the germination trays; one white base which collects excess water.

Use your Kitchen Seed Sprouter several ways:

- Start the same type of seed in all trays to produce a large batch of sprouts all at one time.
- Start a different type of sprouting seed in each tray to produce a variety of sprouts.
- Start sprouting seed in a different tray every other day to produce a continuous supply of sprouts. Note: keep moving the tray with the most mature sprouts to the top to make "harvesting" more convenient.

To use:

Set the Seed Sprouter base on a level surface. Make sure that all the white siphon caps are snapped into place on the water outlet tubes. Set the first tray in place on the base. Be certain the tray sits securely within the groove in the base. Spread out the seeds evenly in the tray. (About 1/2 tablespoon will produce a tray full of sprouts.) The quantity of seeds used depends upon your individual requirements. Remember, that the seeds will expand tremendously when wetted and will occupy approximately four times their initial volume.

Stack additional trays and seed, if desired.

While holding your finger over the water outlet tube on the bottom of the tray, fill the white top tray with water to within 1/2 inch of the rim. Place the cover on top of the assembled base and tray(s). The water from the top tray will flow down automatically from one tray to the next, thanks to the action of the siphon in each tray. This will ensure the seeds are properly dampened without receiving too much water. **Note:** If siphon action does not start, add more water.

The siphon caps in the clear trays must be securely seated so the fins contact the bottom of the tray for the siphon action to work properly. There should only be a small amount of water in the bottom of the trays after watering if the siphons are working correctly.

At the end of the siphoning process, excess water will collect in the base. Remember to empty the base when top trays are completely drained or before next watering. Repeat watering steps twice a day. **Note:** *Before each watering, check to make sure that sprouting seeds are not growing into the siphon cap. Remove cap, clear all seeds and sprouts away from the siphon and replace the cap.*

Most seeds germinate best in well lit conditions. Avoid direct sunlight. Sprouts can be grown at normal room temperature.

Depending upon the temperature and the trays of seeds being grown, the sprouts should be edible in 2-5 days. If fresh sprouts are not to be consumed the day they are picked, they can be kept for a few days in the refrigerator. Rinse sprouts well under running water before eating.

Some seeds may form fuzzy looking growth which resemble mildew. These are actually tiny roots growing on the sprouts and are a part of the sprout.

Occasionally some genuine mildew occurs. In this case, normally the problem can be overcome by reducing the frequency of watering and placing the Kitchen Seed Sprouter in a cooler area.

As with anything used for preparation of food, your Kitchen Seed Sprouter should be cleaned thoroughly after each use. Use liquid dish washing soap and warm water, followed by rinsing with clean running water. Remove all siphon caps and ensure that they are thoroughly cleaned out and are free of all seed remnants which would interfere with the siphoning action next time. Dry Kitchen Seed Sprouter thoroughly.

Your Kitchen Seed Sprouter is top rack dishwasher safe. If using heat dry, we recommend removing the Seed Sprouter components prior to the drying cycle. If the Seed Sprouter is in constant or frequent use and develops buildup due to hard water, it may be necessary when cleaning to soak the trays in a mixture of vinegar and water.

Using Sprouts

In addition to being nutritious, tasty and plain fun to eat, sprouts are one of the most versatile foods available.

- **Salads:** Blend sprouts with lettuce to boost the nutrition value of simple salads. Sprouts by themselves make a tasty side salad, or combine them with raw vegetables.
- **Sandwiches:** Dress up any sandwich with sprouts. "Thin" sprouts, such as alfalfa, brocoli, clover, etc., are ideal for cold meat and cheese sandwiches. For adding something extra to hot sandwiches, use larger sprouts, such as mung bean and lentil. Try sprouts instead of lettuce in tacos, burritos, pita sandwiches, and wraps. You'll love the taste and crunch.
- **Soups:** Use very young sprouts (1-2 days) as garnish for cream soups. Any of the sprouts are ideal– lentil, mung, ect. More delicate sprouts such as alfalfa, wheat, etc. should be used only in cold soups since they do not stand up to heat as well.

Sprout Muffins

2 cups whole wheat flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1 large egg, beaten
2 Tablespoons honey
1 cup whole milk
1/4 cup butter, melted and cooled
1 cup alfalfa sprouts (2 days sprouted)

Sift flour, baking powder and salt together. Separately mix egg, honey, milk and butter. Add sprouts to milk mixture, then pour into dry ingredients. Mix just until flour is moistened. Spoon into well greased muffin tins, filling the cups about two-thirds full. Bake at 400 degrees for 25 minutes. Makes 1 dozen.

Sprout Crepes

8 premade crepes
2 cups alfalfa
2 Tablespoons butter
1 medium onion, chopped fine
1 Tablespoon tomato puree
1 teaspoon paprika
2 hard cooked eggs, chopped
Salt & Pepper
1/4 cup grated parmesan cheese

Melt butter in saucepan over low heat. Add onion, cook until soft. Stir in tomato puree & paprika. Simmer 2 minutes. Stir in eggs. Season with salt and pepper. Divide sprouts between crepes, spreading evenly. Top with egg mixture. Roll up and arrange in heat-proof pan. Sprinkle with parmesan. Place under broiler until lightly browned (2 minutes).

1804 Sandhill Road, Orem, Utah 84058

866-257-4741

Service@VictorioKitchenProducts.com

To order more seeds go to:

www.VictorioKitchenProducts.com