

# Cultivation box „S“

Instructions for an easy sprouting without soil

**ESCHENFELDER**

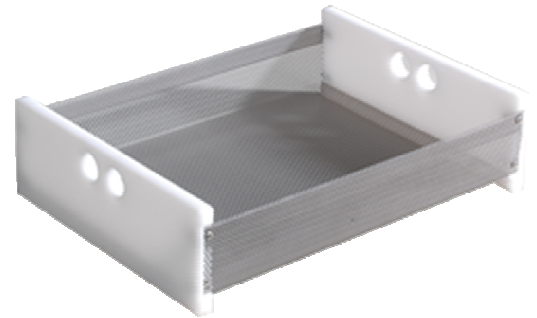
*Qualität für ein gutes Leben*

Cultivation box size 40 x 30 cm: 200 - 250 g seeds

Cultivation box size 60 x 40 cm: 400 - 500 g seeds

### Soaking and spreading the seeds:

Soak the seeds in fresh water for 8 to 12 hours (f. e. overnight), either in a bowl or the Eschenfelder Sprouting-glass. Please refer to the time specification in the list below. Pour the water off after the indicated time and spread the seeds evenly upon the sieve, then put the sieve in the box.



### Covering the seeds:

First 2 to 3 days: Cover the seeds (you may use the Eschenfelder cover lid) to prevent them from drying out and keep them darkened. The seeds should be kept moist: Sprinkle them twice a day with a spray bottle or water them carefully (f. e. in the Eschenfelder rinsing box).

**Removal of lid:** After about 2 or 3 days the young plants get a hold on the sieve, with the roots below and the seedlings above. Now the lid should be taken away, so that the sprouts may develop green leaves. The sieve defines an ideal distance to the bottom of the box, so that the roots may develop unimpeded. Keep on rinsing the seedlings twice a day. It is not necessary to keep water in the cultivation box, as the water that collects between the roots from the rinsing process is sufficient to keep the seedlings moist.

**Harvest:** After 2 to 6 days (see list below) you can simply pull out the plants *with the roots* and enjoy the delicious and fresh sprouts! Some of the seedlings, f. e. radish, develop fine hair roots that look like white fluff. This is not to be mixed up with mould. As long as the seedlings have a fresh smell, they can be eaten without any doubt.

**Cleaning:** Soak the sieve in lukewarm water for a few minutes, scrape off the remains on top and bottom of the sieve with a knife or a spatula. Then put the sieve in the dishwasher or wash it thoroughly. The sieve is made of stainless steel, box and side parts of polyethylene.

Instructions for sprouting:			
Seeds	Soaking time hours	Sprouting time days	Ingredients, peculiarity
Fenugreek	8	4 to-5	rich in Vitamin B2, Lysin, cleansing effect on excretory organs
Beans	12	5	rich in protein, not to be eaten raw
Peas	12	from third day on	rich in protein and minerals, all eight essential amino acids
Barley	12	2-3	rich in silica
Oat	8	2-3	rich in iodine and fluorine
Millet, unpeeled	8	3-4	rich in protein and fluorine, silica
Chickpeas	12	max. 3 days	rich in protein, lysine, threonin, rinse thoroughly, not to be eaten raw
Pumpkin seeds	12	3	35 % protein, rich in zinc
Lentils	12	3	56 % carbohydrates, vitamin B12, C and E
Mungobean/Azukibean	12	from forth day on	25 % protein, 60 % carbohydrates. Rich in essential amino acids
Radish	8	From forth day on	very intensive taste, rich in vitamins
Rya	12	2-3	high fiber, rich in fluorine
Sunflowerseeds	8	2-3	Vitamin D, unsaturated fatty acids, lecithin, linoleic acid
Wheat	12	2-3	Unsaturated fatty acids, carotene, good for growing wheatgrass

We hope you enjoy the cultivation of sprouts and wish you good luck and “bon appetite”.

*The Healthy Box with Eschenfelder Team*

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