

SPROUTING GRAINS

Sprout our organic whole grains and unlock essential minerals, vitamins, and increased protein, while providing fresh greens for your animals year-round! Here's how to sprout Scratch and Peck barley, wheat, peas, and oats.

SUPPLIES

- Organic whole wheat, oats, peas, or barley
- Quart-size jar with lid
- Sprouting screen or cheesecloth that fits a quart-size jar
- Fresh, non-chlorinated water

STEP 1

Measure enough grains to fill jar 1/3 full. Cover grains with water, screw on lid, and let soak for up to 24 hours. That breaks seed dormancy, allowing it to grow.

STEP 2

Drain water from jar. Replace jar lid insert with screen or cheesecloth and invert jar to ensure grains do not sit in water. Keep grains at room temperature for best results.

STEP 3

Rinse grains twice a day with fresh water and drain. Rest jar in a horizontal position after each rinse so the grains lay on the side.

STEP 4

Sprout tails typically begin growing from grains within 24-48 hours. Refrigerate sprouts once at desired length – up to 2". Treat your animals to the fresh sprouts.

STEP 5

Repeat process as needed for more sprouts. Keeping a few jars growing at various stages is a perfect way to provide your animals a constant, healthy diet year round.

SCRATCHANDPECK.COM/SPROUTING
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LEARNING
CENTER!

FOR DETAILED
INSTRUCTIONS

Please note: Although our whole grains are sproutable, we cannot guarantee 100% viability.



**SPROUTED
BARLEY**



**SPROUTED
WHEAT**