



Fresh Nutrition. Sprouted Daily. 

Grow vibrant, nutrient-rich sprouts in just days!

SPROUTING SYSTEM



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What Are Sprouts?

Sprouts are young, germinated seeds that are harvested and eaten just after they begin to grow, but before they fully mature into grown plants.

Stage of Growth

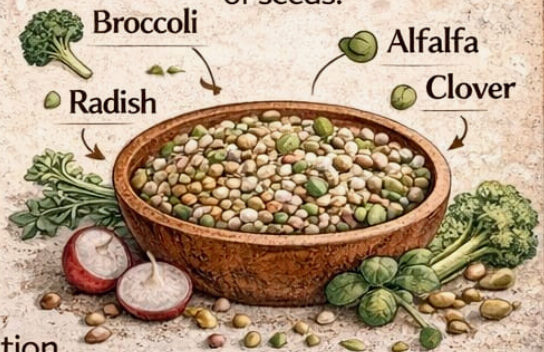
Harvested 3-7 days after germination when the first green leaves (cotyledons) appear.



Harvested 3-7 days after germination when the first green leaves (cotyledons) appear.

Variety of Seeds

Sprouts come from a wide range of seeds:



Super Nutritious

Loaded with vitamins, minerals, antioxidants & enzymes.
Easy to digest & absorb.



DID YOU KNOW?

Sprouts are one of the best foods to incorporate into your diet for optimal health & nutrition!



Sprouts

Daily Superfood

Fresh Nutrition. Sprouted Daily. 



1 Nutrient Dense



Loaded with vitamins, minerals, and antioxidants

3 Digestive Health



High in fiber and enzymes to support gut health.

⌚ Easy & Fast



Ready to eat in just 4-6 days, right from your countertop!

+ Immune Boosting



Packed with powerful antioxidants to fortify your immune system.



Enhances Energy

Grow your own at home for the freshest, most nutrient-packed sprouts!






Benefits of Sprouts

Nutrient-Packed Superfood

Nutritional Powerhouse

High in Vitamins A, B, C, & K

Rich in Minerals:
Iron, Magnesium,
Zinc



Good Source of
Plant-Based Protein



Packed with Enzymes &
Antioxidants





Health Benefits

 Boosts Immune System

 Aids Digestion & Gut Health

 Supports Heart Health

 Helps Balance Blood Sugar

 Promotes Increased Energy

Did You Know?

Sprouts can contain up to
40x more nutrients
than mature plants!



How to Grow Sprouts

Simple Steps for Fresh, Nutritious Sprouts at Home!

1 Soak

Add 1-2 tbsp of sprouting seeds to a jar with a sprouting lid, then fill with water & soak for 8-12 hours.



Superior Quality



- ✓ Drain the water, then rinse and drain the sprouts 2-3 times per day.

3 Grow

Tilt the jar to allow proper drainage and place in a bright, well-ventilated spot at room temperature.



4 Harvest

After 4-6 days, when sprouts reach 1-2 inches long, give them a final rinse & enjoy!



🌍 **Worth it for where:**

A single tablespoon of seeds can yield up to a **quart** of fresh, healthy sprouts!




Why Grow Your Own Sprouts?


Easy, Affordable & Rewarding!

Save Money



 Sprouting your own seeds costs a fraction of store-bought sprouts

Harvest Fresh Daily

 Enjoy delicious, crunchy sprouts whenever you want, picked right at peak freshness.




Did You Know?

A single tablespoon of seeds can yield up to a quart of fresh, healthy sprouts!


Superior Quality

Grow clean, organic sprouts at home with no pesticides or harmful chemicals.



 Grow clean, organic sprouts at home with no pesticides or harmful chemicals.

Safe & Reliable

 Take control of the growing process with high-quality, non-GMO seeds.



Troubleshooting Tips

1. Mold Growth

Rinse sprouts more frequently (2-3 times daily). Ensure good air circulation and avoid overcrowding seeds in the jar.

2. Unpleasant Smell

Drain water thoroughly after each rinse. Stale water causes bacteria buildup. Keep sprouts at room temperature, not in direct heat.

3. Seeds Not Sprouting

Check seed freshness - old seeds lose viability. Ensure proper soaking time (8-12 hours) and consistent moisture.

4. Slimy Sprouts

Too much moisture or not enough drainage. Tilt jar at an angle to let excess water drip out completely.

5. Leggy or Pale Sprouts

They need more indirect light. Move to a brighter spot but avoid direct sunlight which can overheat them.

6. Uneven Growth

Spread seeds evenly during initial soak. Rotate the container daily for consistent exposure.



www.trueleafseeds.co.za



[@trueleafseedco](https://www.instagram.com/trueleafseedco)

Sprouting Recipes

Fresh sprouts are an easy way to add crunch, colour and nutrition to every meal. They work well in salads, sandwiches, wraps and bowls.



Quick Ideas

- Toss a handful into your lunchtime sandwich or wrap
- Top your morning avocado toast with fresh sprouts
- Mix into grain bowls for extra crunch
- Add to stir-fries in the last minute of cooking
- Blend into green smoothies for a nutrient boost

Simple Sprout Salad

Ingredients:

- 2 cups fresh sprouts
- 1 cucumber, sliced
- 1 tomato, chopped
- Quarter red onion, thinly sliced
- Juice of 1 lemon
- 1 - 2 tablespoons olive oil
- Salt and pepper to taste



Method:

1. Place the sprouts, cucumber, tomato and onion in a bowl.
2. Drizzle with lemon juice and olive oil.
3. Season lightly with salt and pepper.
4. Toss gently and serve fresh.

Sprout Sandwich

Ingredients:

- 2 slices sourdough bread
- Butter, cream cheese or hummus
- 1 handful fresh sprouts
- Sliced tomato
- Sliced cucumber
- Lettuce or baby spinach leaves



Method:

1. Spread butter, cream cheese or hummus on the bread.
2. Layer with lettuce, tomato, cucumber and sprouts.
3. Close the sandwich and slice in half.
4. Serve immediately.

Avocado and Sprout Toast

Ingredients:

- 2 slices toasted sourdough bread
- 1 ripe avocado
- 1 handful sprouts
- Lemon juice
- Salt and pepper to taste



Method:

1. Mash the avocado with a little lemon juice, salt and pepper.
2. Spread onto warm toast.
3. Top with a generous handful of sprouts.
4. Serve straight away.

Sprout Wrap

Ingredients:

- 1 wrap or tortilla
- Hummus or soft cheese
- Grated carrot
- Sliced cucumber
- Handful of sprouts
- Baby spinach leaves



Method:

1. Spread hummus or soft cheese over the wrap.
2. Add carrot, cucumber, spinach and sprouts.
3. Roll tightly, slice and serve.

Sprout Topping for Soups and Grain/Savoury Breakfast Bowls

Ingredients:

- Fresh sprouts
- Warm bowl of soup, grain bowl or savoury breakfast bowl



Method:

1. Prepare your soup or bowl as usual.
2. Add a handful of sprouts just before serving.
3. Use as a fresh topping for texture and flavour.

Serving Ideas:

Add sprouts at the end of preparation to keep them crisp and fresh.

Sprouts are delicious in:



Salads

Sandwiches

Wraps

Grain bowls

Egg dishes

Soups

GROW FRESH, HEALTHY SPROUTS AT HOME!

Trueleaf Seed Co

SPROUTING LID



Harvest in just
3-5
Days!

Fits onto any
large glass jar



Easy to Use



Excellent
Drainage



Reusable



Fast Growing

WHAT YOU CAN GROW

- ✓ Mung Beans
- ✓ Lentils
- ✓ Fenugreek
- ✓ Alfalfa
- ✓ Broccoli Sprouts



WHY SPROUTS?

- ➕ Nutrient rich
- ✓ Fresh year round
- 💰 Budget friendly
- 🏠 Easy home growing

JAR NOT INCLUDED

Images for illustration only.

SIMPLE, NATURAL, NUTRITIOUS

GROW WELL, LIVE WELL



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