

Growing Mung Bean Sprouts

<https://sproutpeople.org/growing-mung-bean-sprouts/>

Sprouting Directions

- Soak 8 - 12 hours
- Rinse / Drain 2 - 3 times per day
- Harvest 2 - 5 days
- Yield 2 to 1

Growing Instructions

Yields approximately 1 1/2 Cups (1/2 lb.) of Sprouts

Put 1/3 - 1/2 Cup of seed into a bowl or Sprouter.

Seed Prep

Most Mung Beans are grown in China by farmers - often with little machinery. After harvest they are left to dry on gravel roads - so they are dusty. So prep your Mung Beans before soaking, by running water through them until the exiting water runs clear. It doesn't take long - they aren't very dirty nowadays.

Add 2-3 times as much cool (70°) water. Mix seeds up to assure even water contact for all. Allow seeds to soak for 8-12 hours.

Empty the seeds into your sprouter, if necessary. Drain off the soak water. You may use it to water plants - or use it in stock if you like - it has nutrients in it. Rinse thoroughly with cool (60-70°) water. Drain thoroughly.

Set your sprouter anywhere out of direct sunlight and at room temperature (70° is optimal) between Rinses. This is where your sprouts do their growing. We use a counter top - in the corner of our kitchen, but where the sprouter won't get knocked over by cats, dogs, kids or us. We don't mind the indirect sunlight or the 150 watts of incandescent light, because light just does not matter much. A plant can only perform photosynthesis when it has leaves. Until then light has little if any effect, so don't hide your sprouts. They like air-circulation.

How Long to Grow

If you want to grow Short Sweet Mungs - with 1/8 - 1/2 inch roots: Rinse and Drain every 8-12 hours. for 2 - 3 days.

If you want to grow Big Thick Rooted Mungs - with 1 - 3 inch roots: Rinse and Drain every 8-12 hours. for 4 - 6 days.

Grow them for as long as you like and find out for yourself when they are most delicious! Taste a few at every Rinse/Drain. All you have to do is Rinse and Drain every 8-12 hours.

Big and Thick Notes:

- Mung Bean Sprouts are most commonly seen big and thick rooted. They are very common in Chinese and other Asian cuisines. Most commercial Mung Beans are grown with chemicals and gasses in huge 500 gallon machines. You will likely never get your home grown sprouts to look like those you see at a restaurant or supermarket, but you can get some thick roots. To do this you will need a Sprouter which drains from the bottom (Easy Sprout is the perfect choice), and you'll need to add these procedures to your growing schedule:
- When you Rinse, do not disturb the seeds/sprouts. The beans need to stay where they are - to form a mass that is unmovable. Rinse longer - with lower water pressure (if your sink has a sprayer, use that) during the first 2-3 days - until they are firmly in place.

- Keep your sprouter in as dark a place as you can without limiting air flow too much: Don't put them (or any other sprout) in a closed cabinet or closet, etc. Darkness is a VERY over-rated element in sprouting! Just minimize it by using a darkish corner in your kitchen.
- Apply a weight directly to the beans while in the sprouter (between Rinses. We recommend using two Easy Sprouts. We fill the Solid Base (of the Easy Sprout that we aren't growing in) full of water - and snap the Flat Solid Lid onto it. We then put that Solid Base right on top of the beans between Rinses. You can rig something else if you like - using Easy Sprout or another sprouter.
- On the 3rd day, or when your beans are solidly in place (they won't be budged by water), soak the sprouts for 10-20 minutes in cool water. If you are using Easy Sprout all you have to do is leave the Growing Vessel in the Solid Base (that in which it always sits between rinses) and fill it up. Rinse well after this soaking.
- As the sprouts grow you can reduce the weight on them to nothing by the last day. The sprouts themselves form such a tight mass that they apply their own weight.
- You may skip the last Rinse - allowing your sprouts to grow for 24 hours without water. They will generate more heat (which all sprouts do as they grow - at every stage) than usual and can gain substantial mass during this period. There is a slight danger in this - that the sprouts will generate too much heat and will start to slow-cook, but it is a very rare problem. Do it when your house is cool, but skip it during hot weather.

Experiment! Have Fun! It's All Good!

Harvest Your sprouts are done 8-12 (or 24) hours after your final Rinse. Be sure to Drain them as thoroughly as possible after that final Rinse. The goal during the final 8-12 hours is to minimize the surface moisture of your sprouts - they will store best in your refrigerator if they are dry to the touch. Refrigerate Transfer your sprout crop to a plastic bag or the sealed container of your choice and put them in your refrigerator. We offer Produce Storage Bags that will extend shelf life substantially.

* If using Sproutpeople's Single Harvest Pack use the whole bag in a one-quart Sprouter.

We suggest you not exceed 1/2 cup of seeds per quart of sprouter you have, until you are experienced with Mung Beans, but you can THEORETICALLY grow more: The yield will be approximately 2:1 if you are growing Short & Sweet Mungs, so you can theoretically start with as much as 1/2 as much dry seed as your Sprouter has capacity. This is likely to result in too many sprouts, but we're talking theory here. If you are going for Big & Thick Mungs, yield may be as high as 3.5:1. Maxing out your Sprouter creates so much mass that it can help your sprouts grow Big and Thick. You can start with dry seed equal to 1/4 of your Sprouter's capacity, but be aware that they may outgrow your Sprouter if you exceed our yield estimate. Don't blame us if you grow so well that some of your sprouts escape @;-)