



**BETA KIT GUIDE**

Ver. 1.0 (Mar 2021)

# Table of Contents

Disclaimer .....	1
Welcome .....	2
Participating in the beta .....	3
Schedule .....	3
Sprouts.....	4
Mung bean .....	5
Brown lentil.....	6
Black sesame .....	7
Brown mustard .....	8
Red clover .....	9
Rapini .....	10
Microgreens .....	11
Barley grass .....	12
Buckwheat.....	12
Dwarf Grey Sugar pea .....	13
Triton radish .....	13
Social media .....	14
Support .....	14

# Disclaimer

Health Canada recommends that you cook your sprouts thoroughly before consumption to reduce your risk of contracting foodborne illnesses from sprouts, especially if you are in an at-risk age group<sup>1</sup>.

By following any instructions or information in this guide, you acknowledge and assume all risks associated with growing and consuming sprouts and microgreens.

---

<sup>1</sup> Food safety tips for sprouts. (2013, January 9). Retrieved from Health Canada:  
<https://www.canada.ca/en/health-canada/services/food-safety-fruits-vegetables/sprouts.html#a6>

# Welcome

Thank you for purchasing an Agroage Beta Kit. This guide contains everything you need to use your kit. Included in the Beta Kit are the following:

- 1 sprouting jar consisting of a glass mason jar, an aluminum mason jar ring, and a perforated plastic strainer lid.
- 4 packets of sprouting seeds required to grow your selected sprout varieties. All of the sprouting seeds are certified organic by Pro-Cert.
- 2 plant pots, each able hold 1 microgreen pod and a ½ cup of water to form a self-watering plant pot system.
- 2 plant pot sleeves, easily able to be slipped on to the plant pots for decorative purposes.
- 4 pre-assembled microgreen pods that are fully compostable, allowing for convenient and hassle-free growing. All of the microgreen seeds are certified organic by Pro-Cert. The soil is certified organic by OCQV.

# Participating in the beta

We kindly ask that you provide feedback on your experiences with the Agroage Beta Kit a minimum of two times over the next month, but more regular feedback is encouraged. Your feedback should be posted in the #kit-testers channel in the Agroage Community group on Slack. In addition, you will be sent a few short surveys over the next month. Your feedback and participation are greatly appreciated.

## Schedule

Since each sprout variety should take no more than 1 week to grow and each microgreen variety should take no more than 2 weeks to grow, we ask that you stick to the following schedule as best as possible so that we can collect feedback in a timely manner:

WEEK 1	WEEK 2	WEEK 3	WEEK 4
MICROGREEN 1 (2 pods)		MICROGREEN 2 (2 pods)	
SPROUT 1	SPROUT 2	SPROUT 3	SPROUT 4

# Sprouts

Sprouts are germinated vegetables that are harvested before they can grow roots and leaves. They are typically grown in water. The following instructions can be applied to grow any variety of sprouts:

1. Clean sprouting jar thoroughly with soap and water
2. Add sprouting seeds to clean jar
3. Fill with cold water
4. Fasten sprouting lid to jar using ring and let soak for indicated amount of hours (*"Time to soak"*)
5. Invert jar at slight angle and shake to drain
6. Rest jar at slight angle in bowl or sink to allow excess water to drain
7. Keep sprouting jar away from direct sunlight
8. Rinse, invert, drain, and rest jar at slight angle at least twice a day for indicated amount of days (*"Time to sprout"*)
9. Enjoy sprouts as soon as "tails" emerge or continue sprouting until desired size or taste is reached. Note that sprouting past the indicated amount of days (*"Time to sprout"*) may result in sprouts that are bitter or rotten. Consume over-sprouted sprouts at your own discretion.
10. Store sprouts in paper towel-lined container in refrigerator for up to a week.

Refer to the following subsections for plant-specific variations to sprouting instructions and suggested uses:

## **Mung bean**

These high-protein legumes are popular in various Asian cuisines.

**Time to soak:** 6 to 8 hours

**Time to sprout:** 3 to 6 days

**Notes:** Mung bean sprouts may develop a pink hue if exposed to light, but this does not affect their edibility. The green hull or skin of mung bean sprouts can be eaten or removed, as it too does not affect edibility.

### **Suggested uses:**

- Pho, a popular Vietnamese soup
- Stir fries
- Salads and sandwiches
- As a crunchy snack

### **Resources:**

- Click [here](#) to download a calendar reminder file once you begin growing your mung bean sprouts. Import the file into your desired calendar app to receive reminders twice-daily at 9 a.m. and 9 p.m. to rinse and drain your mung bean sprouts for 6 days. You may delete the reminder series from your calendar if you finish growing your mung bean sprouts early.

## **Brown lentil**

Sprouted lentils are crunchy, refreshing, and easier to digest because sprouting reduces phytic acid.

**Time to soak:** 6 to 12 hours

**Time to sprout:** 2 to 5 days

**Suggested uses:**

- Sprouted lentil soups
- Vegan sprouted lentil burgers
- Salads and sandwiches
- As a crunchy snack

**Resources:**

- Click [here](#) to download a calendar reminder file once you begin growing your brown lentil sprouts. Import the file into your desired calendar app to receive reminders twice-daily at 9 a.m. and 9 p.m. to rinse and drain your brown lentil sprouts for 5 days. You may delete the reminder series from your calendar if you finish growing your brown lentil sprouts early.



## **Black sesame**

Black sesame seeds originate from Southeast Asia and are crunchier and stronger in flavour than white sesame seeds.

**Time to soak:** 2 to 8 hours

**Time to sprout:** 1 to 3 days

**Notes:** When rinsing black sesame seeds, the water that drains may be dark in colour. Black sesame sprouts are ready to eat when they are slightly speckled with white.

**Suggested uses:**

- Sprouted tahini
- Salads and sandwiches
- Stir fries

**Resources:**

- Click [here](#) to download a calendar reminder file once you begin growing your black sesame sprouts. Import the file into your desired calendar app to receive reminders twice-daily at 9 a.m. and 9 p.m. to rinse and drain your black sesame sprouts for 3 days. You may delete the reminder series from your calendar if you finish growing your black sesame sprouts early.

## **Brown mustard**

Brown mustard is spicier than yellow mustard and can be used to add heat to any dish.

**Time to soak:** Do not soak

**Time to sprout:** 3 to 6 days

**Notes:** Brown mustard seeds become gel-like when sprouting and trap a lot of water in them. It is not recommended to soak them. Ensure that you drain them very well after you rinse them.

### **Suggested uses:**

- Sprouted mustard condiment
- Salads and sandwiches
- Stir fries

### **Resources:**

- Click [here](#) to download a calendar reminder file once you begin growing your brown mustard sprouts. Import the file into your desired calendar app to receive reminders twice-daily at 9 a.m. and 9 p.m. to rinse and drain your brown mustard sprouts for 6 days. You may delete the reminder series from your calendar if you finish growing your brown mustard sprouts early.

## **Red clover**

These mild sprouts are similar in taste and appearance to alfalfa sprouts.

**Time to soak:** 6 to 10 hours

**Time to sprout:** 4 to 6 days

**Suggested uses:**

- Salads and sandwiches
- Stir fries
- Soups, slaws, and more

**Resources:**

- Click [here](#) to download a calendar reminder file once you begin growing your red clover sprouts. Import the file into your desired calendar app to receive reminders twice-daily at 9 a.m. and 9 p.m. to rinse and drain red clover sprouts for 6 days. You may delete the reminder series from your calendar if you finish growing your red clover sprouts early.

## **Rapini**

This relative of mustard is popular in Mediterranean cuisine.

**Time to soak:** 2 to 4 hours

**Time to sprout:** 4 to 6 days

**Suggested uses:**

- Salads and sandwiches
- Stir fries
- Soups, slaws, and more

**Resources:**

- Click [here](#) to download a calendar reminder file once you begin growing your rapini sprouts. Import the file into your desired calendar app to receive reminders twice-daily at 9 a.m. and 9 p.m. to rinse and drain your rapini sprouts for 6 days. You may delete the reminder series from your calendar if you finish growing your rapini early.

# Microgreens

Microgreens are germinated plants that are harvested once they have grown roots and small leaves. They are typically grown in soil. The following instructions can be applied to grow any of the microgreens in your Agroage Beta Kit:

1. Gently remove pot sleeves and rinse each plant pot
2. Add approx. ½ cup of cold water to each plant pot
3. Carefully place 1 plant pod in each plant pot. There should be a small air gap between the water and pods, to ensure that the pods do not soak in the water. The plant pods will slowly absorb water via the cotton wick at the bottom of each pod, and the cardboard will become saturated with water
4. Inspect plant pods daily. If the cardboard or the soil surface begins to dry out, carefully remove the pod without tearing, fill the pot back up with ½ cup of water, and place the pod back into the pot
5. Tiny microgreens should begin to emerge from the soil surface within a week
6. Harvest microgreens according to indicated amount of days (*“Time to harvest”*). Microgreens grown for longer may have a tougher texture and undesirable flavour
7. To harvest microgreens, remove pod from pot, tear away cardboard, and cut microgreens just above soil surface. Compost leftover cardboard, soil, and roots.
8. Store microgreens in paper towel-lined container in refrigerator for up to a week.

Refer to the following subsections for plant-specific information and suggested uses:

## **Barley grass**

Barley grass is regular barley that is harvested at a very young age, before it can grow into stalks of barley.

**Time to harvest:** 6 to 10 days

**Suggested uses:**

- Smoothies, juices
- As cat grass

**Notes:** The preferred way to juice barley grass is to use a specialized juicer. If you only have a blender, you should blend your barley grass with a bit of water, then strain out the pulp with a fine mesh strainer.

## **Buckwheat**

Buckwheat microgreens have a flavour similar to lettuce and grow beautiful pink-coloured stems.

**Time to harvest:** 8 to 12 days

**Suggested uses:**

- Salads, sandwiches
- Smoothies

## **Dwarf Grey Sugar pea**

Pea microgreens, also known as pea shoots, are incredibly easy to grow.

**Time to harvest:** 10 to 14 days

**Suggested uses:**

- Salads, sandwiches
- Stir fries

**Notes:** Pea shoots can be partially regrown a few times, but will produce smaller and smaller yields. Please grow your pea shoots after you have grown your other Beta Kit microgreens if you are considering trying to regrow your pea shoots.

## **Triton radish**

Triton radish microgreens grow with light purple-coloured stems and can be used to add a spicy or peppery hint to your food.

**Time to harvest:** 10 to 12 days

**Suggested uses:**

- Salads, sandwiches
- Stir fries

# Social media

As you grow your sprouts and microgreens over the next month, please share any pictures over social media using the hashtag #MyAgroage and follow us on:

- [Facebook](#)
- [Instagram](#)
- [Twitter](#)

# Support

If you have any questions, comments, or concerns related to your Agroage beta kit, please post in the #kit-testers channel or send a direct message to Joshua Wolfsohn in the Agroage Community group on Slack.