

PLANT VARIETY	AMOUNT	SOAKING TIME	RINSES PER DAY
	PER QUART JAR	(HOURS)	
Adzuki Beans	1/2 cup	12	2
Alfalfa Seeds	2 tbsp	6	2
Buckwheat Groats	1 cup	8 to 12	2
Clover Seeds	2 tbsp	6	2
Fenugreek	1/4 cup	8	2
Flaxseeds	bowl	4 to 6	no rinsing
Garbanzo Beans	1 cup	12	2
Lentils	3/4 cup	8 to 12	2
Mung Beans	1/2 cup	12	2
Mustard Seeds	3 tbsp	6	2
Oat Groats	1 1/2 cups	8 to 12	2
Peas	2 cups	8	2
Pumpkin Seeds	1 1/2 cups	8	2
Quinoa	1/3 cup	4 to 8	2
Radish Seeds	3 tbsp	4 to 8	2
Rye Berries	1 cup	12	2
Sesame Seeds	2 cups	4 to 6	2
Soybeans	3/4 cup	8	2
Wheat Berries	1 cup	8	2