

Beans - Sprouting Seeds

[SS10-200 - Adzuki Sprouting Bean Seeds](#)

2 to 4 days. *Vigna angularis*. Open Pollinated. Adzuki Sprouting Bean. The plant produces excellent quality Adzuki Sprouting Beans. The delicious Adzuki Bean sprouts are sweet, crisp, and crunchy, and have a nutty flavor similar to Garbanzo beans. It is high in protein, fiber, iron, and calcium and low in fat. Excellent in salads, soups, and other Asian dishes. One cup of seed yields approximately 2 cups of sprouts. A variety from the USA.



[SS11-50 - Garbanzo Sprouting Bean Seeds](#)

2 to 5 days. *Cicer arietinum*. Open Pollinated. Garbanzo Sprouting Bean. The plant produces excellent quality Garbanzo Sprouting Beans. The delicious Garbanzo Bean sprouts are sweet, crisp, crunchy, and have a nutty flavor. It is high in protein and fiber. Also known as Chickpeas, Chana, Ceci, or Hummus. They are very popular in the Mediterranean region, Asia, Latin America, and the Middle East. Excellent in salads, soups, and other Asian dishes. A ½ cup of seed yields approximately 2 cups of sprouts. A variety from the USA.



[SS9-200 - Green Lentil Sprouting Seeds](#)

2 to 4 days. *Lens culinaris*. Open Pollinated. Green Lentil Sprouting Seeds. The plant produces excellent quality Green Lentil sprouts. The delicious sprouts have a mild lentil bean flavor. As the green skins split, the interior turn yellowish color, and that's the time to harvest sprouted lentils. It has only 80 calories and is rich in protein, calcium, Omega-3, and Omega-6 fatty acids. Lentil sprouts are rich in vitamins including vitamins A, B, C, and E. Excellent in salads, soups, and other Asian dishes. It also can be milled or ground into wheat bread. One cup of seed yields approximately 5 cups of sprouts. A variety from the USA.



[SS3-100 - Mung Sprouting Bean Seeds](#)

4 to 6 days. *Vigna radiata*. Open Pollinated. Mung Sprouting Beans. The plant produces excellent quality Mung Sprouting Beans. These delicious beans have a crunchy texture and mild bean flavor. They are very crisp and taste like raw peas. They have attractive green leaves and pink stems. Excellent in salads, stir-fry, and other Asian dishes. ¼ cup of seed yields approximately 2 to 3 cups of sprouts. Harvest the sprouts as soon as the first true leaves open for optimal taste and texture. A variety from the USA.



[SS12-100 - Protein Powerhouse Mix Sprouting Seeds](#)

2 to 4 days. Mixed. Open Pollinated. Protein Powerhouse Mix Sprouting Seeds. The plant produces excellent quality Garbanzo Sprouting Beans. Protein Powerhouse Mix includes four of the most protein-rich sprouting seeds, including the Adzuki, Garbanzo, Green Peas, and Mung Beans. The sprouts are sweet, crisp, and crunchy, and have a nutty flavor. It is high in protein, fiber, iron, potassium, and essential vitamins. It is also one of the best-tasting mixes available. Excellent in salads, soups, and other Asian dishes. A ½ cup of seed yields approximately 2 cups of sprouts. A variety from the USA.

