

	AMOUNT OF SEED	SOAK TIME	GROWING TIME
Alfalfa	2 tablespoons	4	4-5
Lentils	1/4 cup	8	3-4
Mung beans	4 tablespoons	8	3-4
Cabbage	3 tablespoons	4	3-4
Radish	3 tablespoons	6	4-5
Red clover	3 tablespoons	4	4-5
Wheat berries	3 tablespoons	8 to 10	3-5