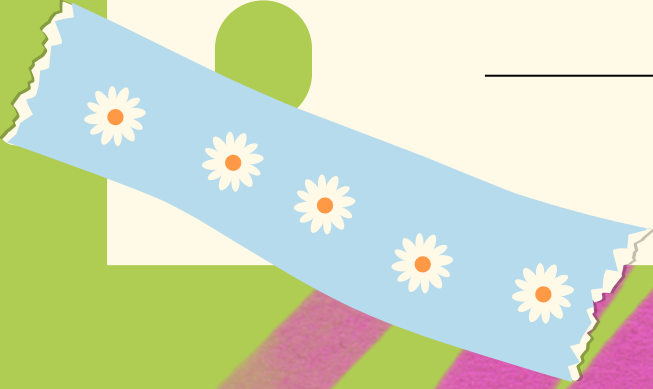


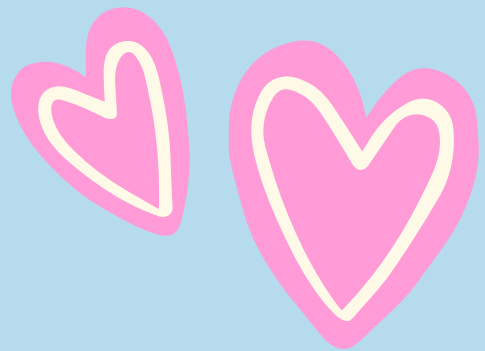
sprout production

A L F A F A





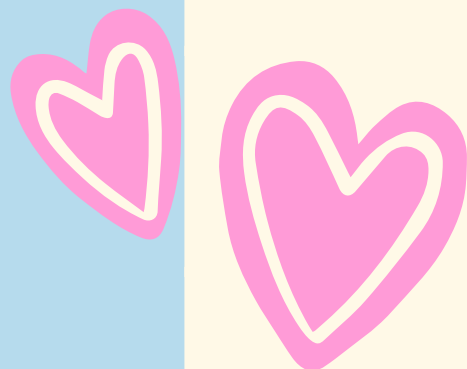
# ALFAFA SEEDS

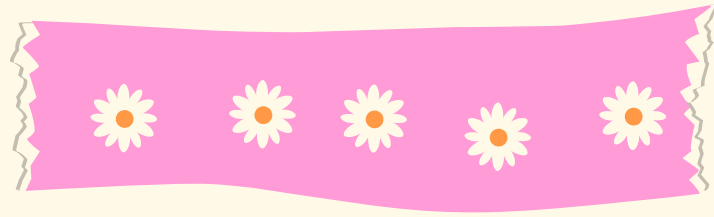




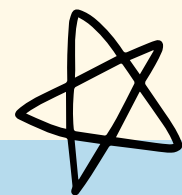
**The first thing we do is  
take the seeds out of the  
bag and put them in a glass  
with water to stir it.**

[BACK TO OUTLINE](#)





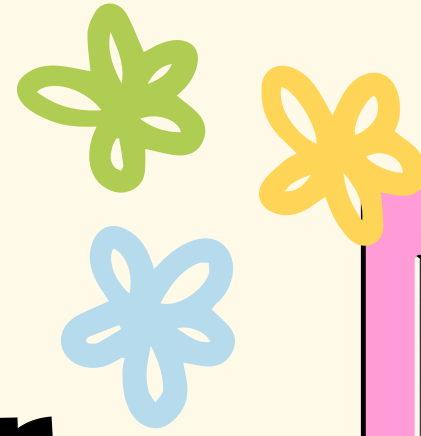
😊 After having left  
the seeds in water  
for two hours, we  
put them in the  
germinator.

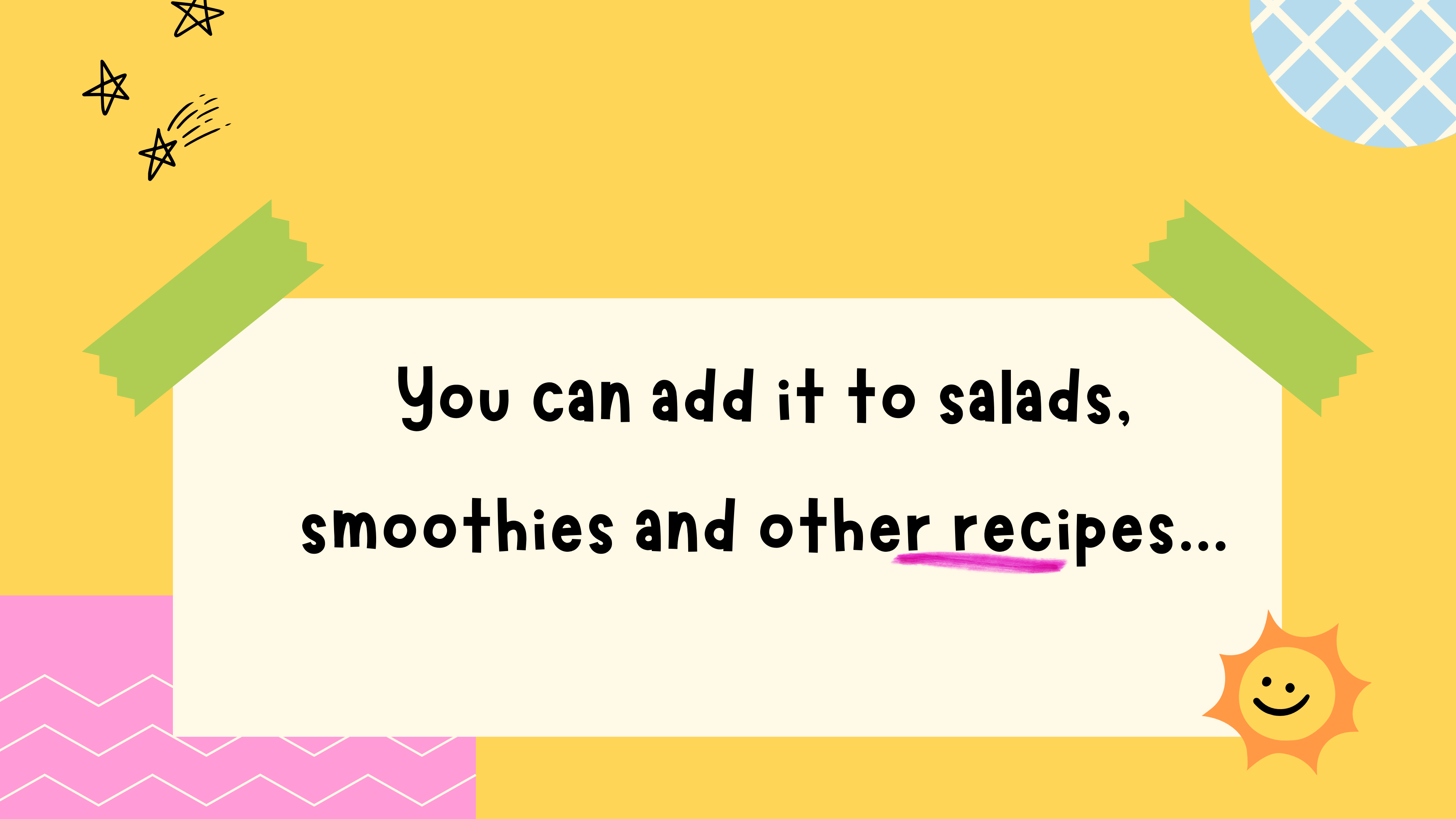




**When 5 or 6 days  
have passed, it is  
ready to consume,  
wash them and  
eat!!!**

**you have to add water  
twice a day and the  
germination time is  
from 5 days**





**You can add it to salads,  
smoothies and other recipes...**

