



Kitchen Crop™

Grow Fresh Sprouts in 2 to 4 Days

The Kitchen Crop Four Tray Seed Sprouter produces a variety of fresh, crispy sprouts in just three easy steps:

- 1 Spread seeds in the trays.
 - 2 Add water.
 - 3 Continue regular watering for 2 to 4 days.
- It really is that simple.**

Organic
Alfalfa Seeds
Included

The Seed Sprouter is BPA free and reusable, so you can grow nutritious sprouts year round!



VKP1014

VKPbrands.com

Made in USA

2 Year Warranty

Kitchen Crop™ 4-Tray Seed Sprouter Model VKP1014

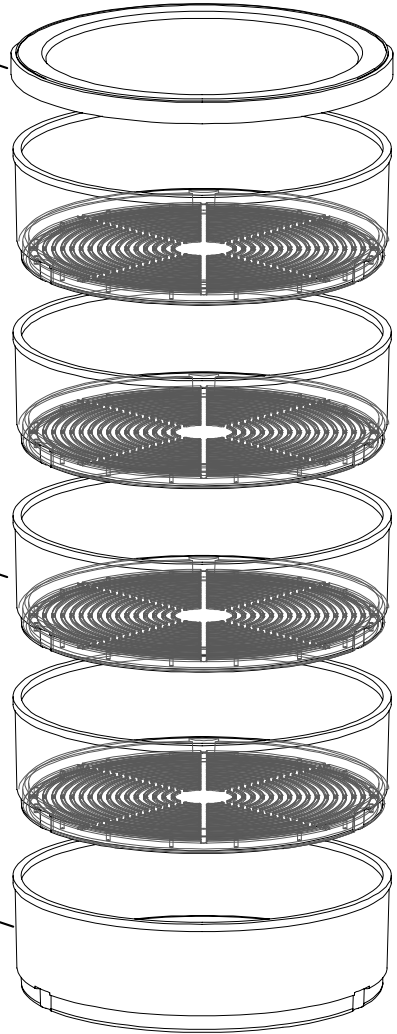
Sprouter Diagram

Your complete 4-Tray Seed Sprouter includes everything shown below.

1 Storage Lid
(VKP1014-4)

4 Seed Trays
(VKP1014-2)

1 Basin Tray
(VKP1014-3)



Also included: (1) 1 oz. bag of Organic Alfalfa Seeds.

For the most up-to-date manual, or for more information regarding this product, visit our website: **VKPbrands.com**

Operating Precautions

Read and follow the instructions in all sections of the manual before using your sprouter.

- DO NOT seal the storage lid on tight while sprouting. This prevents air flow and will not allow the trays to drain properly.
- DO NOT place the seed sprouter in direct sunlight.
- DO NOT use near hot surfaces.
- Empty the basin tray of water before each time you water the seeds.
- Dishwasher safe, top rack ONLY. Do not run the dry cycle.
- For household use only.

Product Overview

Congratulations! You can now grow your own healthy sprouts at home with your new Kitchen Crop Seed Sprouter. It is simple to use and you will find it to be a wonderful addition to your kitchen. Your sprouter can grow a variety of sprouts for you to enjoy, and its durable design means it will last for years to come.

Your Seed Sprouter can be used in several ways:

- Start the same type of seeds in all trays to produce one large batch of sprouts.
- Start a different type of seeds in each tray to produce a variety of sprouts.
- Start sprouting seeds in a different tray every other day to produce a continuous supply of sprouts.
- Use it to grow seed starts for your garden.

Care Instructions

- Sprouter can be hand washed, using a soft cloth and warm, soapy water. Make sure you dry it thoroughly before storing.
- If desired, Sprouter can be washed in the dishwasher, but on the top rack only. DO NOT use the drying cycle.
- Sprouter trays may develop residue buildup after multiple uses. Soak the trays in a vinegar and water solution (1/4 c. vinegar to 1 qt. water). Soak for 30 minutes, then rinse thoroughly. For tougher buildup, increase the soak time and/or add more vinegar to the solution.

Why the Kitchen Crop Seed Sprouter is better than other sprouter tools and methods:

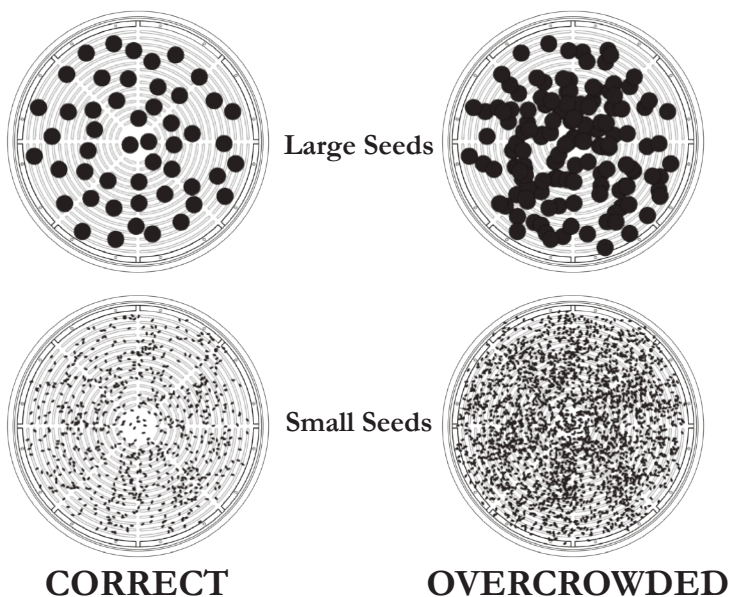
Hydrophobic Irrigation System

- Allows water to remain in each tray when dry seeds are started. This enables the seeds to soak inside the sprouter and eliminates the need for presoaking them before placing inside the trays.
- After germination, the seeds release organic compounds that break the surface tension of the water and allow it to drain, leaving just enough water to keep the seeds from drying out.
- Don't be worried if small seeds cover the holes and cause the water to drain more slowly, this is not a problem. Just be patient and let the sprouter drain on its own. As the seeds grow, the water will start to drain faster.

No Soil Required and higher germination rate

- Each seed has everything it needs to grow; you don't need to add soil or fertilizer to get your seeds to grow. Just add water.
- Because of the Hydrophobic Irrigation System, this sprouter enables much higher germination rates and requires fewer seeds, saving you money.

Proper Seed Amounts Per Tray



How to Use the Sprouter

1. Clean all the trays

- Wash all trays in the dishwasher or hand wash and wipe with a towel or soft cloth to dry completely.

2. Place DRY seeds in the trays

- Using the right amount of seeds is VERY important; adding too many seeds crowds the trays and does not allow them to drain properly. Seeds will usually get 3 times bigger once they soak up water, so don't worry if the amount of dry seeds in the trays does not look like enough. If you follow this guide, it will be just right.
- 1 – 2 TSP Seeds in each tray – See diagram on page 4

3. Watering

- Stack up sprouter trays – see diagram on page 2
- Pour 2 cups of fresh, room temperature water in the top tray
- Be patient and wait for the water to drain from the trays. It can take up to 45 minutes or more for the water to drain from the top tray and collect in the basin tray. Once the water has drained, lightly rest the storage lid on the top tray to keep the seeds from drying out.
- Don't be alarmed if you see standing water left in some or all of the trays when you first start your dry seeds. This is the way the hydrophobic irrigation system is designed to work so that you do not have to presoak your seeds beforehand. This system leaves more water in the trays when the seeds are dry, so they can have that extra water to soak up. When the seeds begin sprouting you will notice the amount of water left in the trays is much less, but still enough to keep the seeds wet so they don't dry out. Don't worry if small seeds cover the drain holes, the water will still drain and your sprouts will do just fine.
- As the seeds sprout, the water in the basin tray will have a green or brown tint to it. This is normal and a sign your seeds have started sprouting.
- Do not place the sprouter in direct sunlight, it will overheat the seeds.

4. Rotate trays each time you water

- Take the top clear tray and put it on the bottom of the stack of clear trays. Rotating the trays helps the trays all have a turn at getting the fresh water first and will help your sprouts grow better.

5. Continue watering 2-3 times a day using fresh water each time

- Water each day 2 or 3 times until the sprouts are the size you would like to eat them. When you want the sprouts to stop growing, simply put the trays in the refrigerator. You will need to cover the trays to keep them from drying out. TIP – keep the trays stacked and use the storage lid or an empty clear tray to cover them.

De-hulling/Storage Instructions

These are optional steps, but following them will change the taste and extend the life of your grown sprouts. If you do not plan to de-hull your sprouts, skip to step 2 for storage instructions.

1. When your sprouts are ready to eat, remove them from the seed tray and place them in a large bowl of cool water. Break apart the clumps of sprouts under the water. As you do this, the hulls (seed husks) will float to the top, where they can be skimmed off. Continue breaking apart the sprout clumps and skimming the hulls off the top until you are satisfied with the results. The fewer hulls that remain, the better the sprouts will taste. For smaller seeds, this can be a 5-10 minute process per tray.
2. Rinse the sprouts well and drain thoroughly. You can use a clean cloth or paper towel to soak up excess water from the sprouts.
3. The sprouts are now ready to be eaten or stored.
4. For storing the sprouts in the refrigerator, either put them back in the sprouter, using the storage lid and place on a shelf in the refrigerator, or put the sprouts in a storage bag and place them in the crisper section of your refrigerator.

Using Sprouts

Sprouts are one of the best sources of nutrition available, offering high amounts of vitamins, protein and fiber. Use the simple ideas below to help you incorporate more sprouts into your diet.

- **Salads:** Blend sprouts with lettuce to boost the nutritional value of simple salads. Sprouts by themselves make a tasty side salad, or you can combine them with raw vegetables for dipping.
- **Sandwiches:** Dress up any sandwich with sprouts. Thin sprouts, such as alfalfa, broccoli or clover are ideal for cold meat and cheese sandwiches. For adding something extra to hot sandwiches, use larger sprouts, such as mung bean and lentil. Use sprouts instead of lettuce in tacos, burritos, pita sandwiches, and wraps. You'll love the taste and crunch.
- **Soups:** Use very young sprouts (2-3 days) as garnish for soups. Use large sprouts, like mung bean and garbanzo, for hot soups and small, delicate sprouts, such as alfalfa, in cold soups.

TROUBLESHOOTING GUIDE

PROBLEM	SOLUTION
The seeds are not germinating well or at all.	Be sure to use fresh room temperature water each time you water. Check the expiration date on your package of seeds. For best results, do not use seeds older than one year. If your seeds are fresh, make sure you are not overcrowding the trays. See diagram on page 4.
The sprouts are molding.	First, make sure it is mold. Some seeds, such as broccoli, have a hair-like root system which may be mistaken for mold by the untrained eye. Sometimes, mold can appear on small clumps of non-germinated seeds. These clumps can easily be picked out and will not affect the sprouts. Be sure to use fresh room temperature water each time you water. Not overcrowding the trays will increase germination rates and reduce chances of mold. See diagram on page 4. If you have followed these instructions and your seeds are still molding, try washing all of the trays with soap and water to remove anything that may be causing the mold and also rinse the seeds before placing them in the trays.
The seed trays are not draining well.	If your seed trays are holding 1 tbsp of water or less, then this is normal. See page 4 about the Hydrophobic Irrigation System.
My top tray of seeds dries out.	If the seeds in the top seed tray get too dry between each watering, make sure you are rotating the trays each time you water: see page 5. Lightly setting the storage lid on the top tray after each watering will also help prevent it from drying out. It is also possible the location is either too warm or has too much air blowing across the sprouter. Try a location which is slightly cooler and less drafty.

Product Warranty

Register your warranty online at:
VKPbrands.com/Warranty

Model VKP1014 - Kitchen Crop Seed Sprouter: 2 years

We are confident in the quality of our products and back each one with a limited warranty for the length of time specified above. Should you experience any problems with your product, please contact our Customer Service Department.

All warranty claims must be accompanied by a proof of purchase and are only valid if the appliance has been operated within the U.S. or Canada and used for its intended purposes. These products are for household use only.

Items Not Covered:

- Return shipping costs or returned items lost in transit.
- Damages to the product due to accident, misuse, abuse, negligence, or if the appliance has been altered in any way.
- Products used outside of the United States or Canada.

VKP™

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