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SEED	SOAKING TIME (HRS)	SPROUTING TIME (HRS)
ALMONDS	8-12	4
ADZUKI BEANS	8-12	1-3
AMARANTH	8-12	1-3
BARLEY	8	2
BLACK BEANS	8-12	3
BRAZIL NUTS	2-3	NO SPROUTS
BUCKWHEAT	15-20 MINUTES	2-3
CASHEWS	2-8	NO SPROUTS
CHICKPEAS	8-12	2-3
FLAXSEED	30 MINUTES	NO SPROUTS
KAMUT	7	2-3
LENTILS	7	2-3
MILLET	5-7	12 HOURS
MUNG BEANS	8-12	2-3
OAT GROATS	6-8	2-3
PISTACHIOS	8	NO SPROUTS
PUMPKIN SEEDS	8-12	3-4
SESAME SEEDS	8	2-3
QUINOA	4-8	2-3
WHEAT BERRIES	7	3-4