



Prepare the Wheatgrass seeds before sowing

Soak the seeds. This will get germination started. By the end of the process, the seeds will have sprouted small roots.

Pour tap water into the bowl of seeds. Add about three times as much water as you have seeds. Cover the bowl with a lid or plastic wrap and place it on the counter to soak for about 10 hours, or overnight.

Drain the water from the seeds and replace it with more tap water - again, about three times as much water as you have seeds. Let it soak for another 10 hours.

Repeat the process one more time, for a total of three long soaks.

By the end of the last soak, the seeds should have sprouted roots. This means they are ready to plant. Drain them and placed them in the prepared pot.