

Revolutionary Chicken Canning Jar Sprout Rack



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Materials

- 3/8" X 36" square dowels (5): \$.98/each

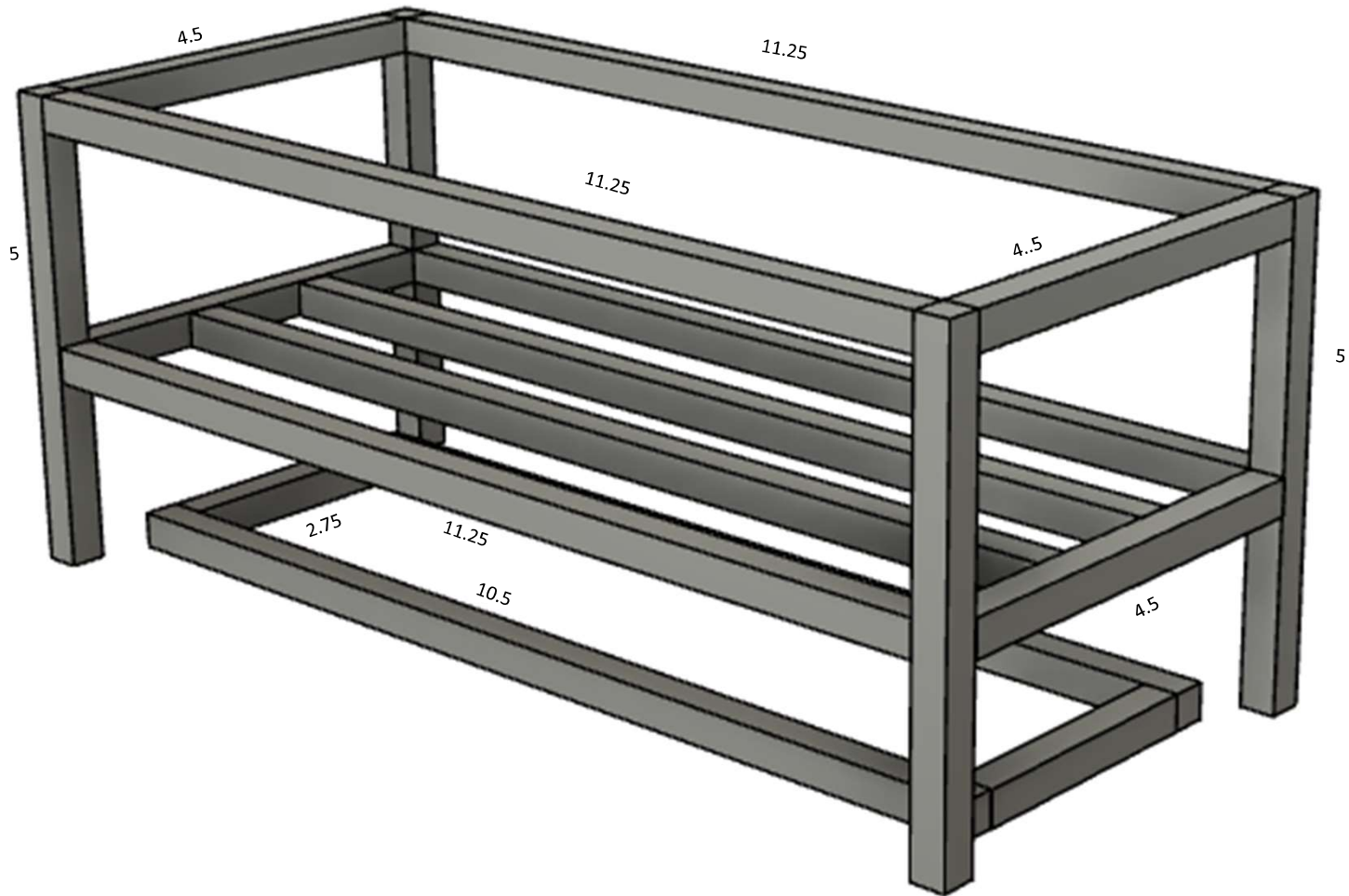
<https://www.homedepot.com/p/Waddell-36-in-x-3-8-in-Hardwood-Square-Dowel-8306U/100534453>

- 11.25" (6)
- 5" (4)
- 4.5" (4)
- 10.5" (2)
- 2.75" (2)

- Wood glue
- Plastic wrap
- (optional): outdoor polyurethane
- (optional): clamps

Total: \$4.90

Dimensions (in Inches)





Tips

1. Since these measurements are fairly small, there is not a lot of room for inaccurate cuts. You may want to test your saw to see how to mark the piece of wood. For example, my miter saw takes off about 1/8" from my measuring point, so I mark 1/8" greater than the measurement I need.
2. This wood will get wet, so you may want to apply a few coats of outdoor polyurethane (spray-on works well).
3. Use wood glue to attach pieces. For strong joints, clamp all glued pieces together for 30 minutes.
4. Start with gluing the center rack. That way you won't need to try to exactly fit "inside" pieces. *See picture.*
5. Wrap the base underneath with a few layers of plastic wrap, pushing the wrap down inside the base so it forms a pool. *See picture.*



Sprouting Process

	Morning	Evening
Day 1	<ul style="list-style-type: none">• Fill a jar with no more than 1 cup grains or lentils.• Add water so that it is higher than the grains by at least two inches.	<ul style="list-style-type: none">• Drain and rinse• *Each time you rinse, set jar upside down on rack at an angle.
Day 2	<ul style="list-style-type: none">• Rinse jar from day 1• Start seeds in second jar	<ul style="list-style-type: none">• Drain new jar• Rinse jar from day 1
Day 3	<ul style="list-style-type: none">• Rinse day 1 and day 2 jars• Start seeds in third jar	<ul style="list-style-type: none">• Drain new jar• Rinse jars from days 1 and 2
Day 4	<ul style="list-style-type: none">• Use sprouts from day 1 (move to Fodder System if you are growing fodder)• Start that as a new jar• Rinse day 2 and 3 jars	<ul style="list-style-type: none">• Drain new jar• Rinse jars from days 2 and 3