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SPROUTING SEEDS

Where possible it is best to use certified organic fresh seeds. While seeds have a long shelf life or can be stored for long periods of time. It is best when growing plants from seeds to use fresh seeds from the previous year, as better and more nutritious plants and fruit can be obtained. Grinding seeds to make baked goods doesn't make much difference as in the baking process 100% of the living enzymes are destroyed anyway. Never store seeds in air tight containers for an extended time as in time this will kill the seeds.

At present there are many companies and organizations on the Internet who offer seeds for sprouting. Just make sure, if possible that they are organically certified and are fresh, last year's seeds. **DON'T STORE IN AIR TIGHT CONTAINERS.**

In time we hope to offer fresh, organic seeds through our company website at competitive prices.