



*Congratulations! You've embarked on a new journey—indoor gardening with sprouts. Soon you'll find things couldn't be greener!*

*Say "goodbye" to poisonous pesticides, fertilizers, irradiated vegetables, genetically modified produce, and the rising cost of food that is eating away at you!*

*With the new Freshlife Automatic Sprouter, your weekly harvest of young vegetables will rescue you from the perils of commercial agriculture. Now, you can replace empty calories with living nutrients and protect yourself from preservatives except the ones that preserve your health!*

*Good luck and happy sprouting.*

*Sproutman™*

*Steve Meyerowitz*

## IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following :

- 1) Read all instructions.
- 2) To protect against risk of electrical shock do not put electric cord or motor base in water or other liquid.
- 3) Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
- 4) Close supervision is necessary when any appliance is used by or near children.
- 5) Avoid contacting moving parts.
- 6) Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
- 7) The use of attachments not recommended or sold by the manufacturer may cause fire electric shock or injury.
- 8) Do not use outdoors.
- 9) Do not let cord hang over edge of table or counter.

## SAVE THESE INSTRUCTIONS

## Parts List and Assembly

1) **Cover:** Promotes warmth and humidity for rapid growth.

2) **Sprinkler**  
Sprinkles water intermittently several times per hour. Extra one is included.

3) **2 Sprouter Trays**  
Two identical black trays. The seeds sit on the lower tray and are covered by the upper tray. Both should be facing smooth side up.

4) **Water Tube**  
The blue tube is actually comprised of two sections that connect. It channels the water to the sprinkler head.

5) **Sprouter Barrel**  
This is the big barrel in which the sprouts grow. You can buy a second barrel to double your capacity.

6) **Water Barrel**  
This is the bottom section that holds the reservoir of water. You can add nutrients or other solutions to the water here, although it is optional.

7) **Water Pressure Tube:** This is the tube with the disk on bottom. It sits inside the water barrel and controls the water pressure. Turning it counterclockwise (to the left) slightly increases water pressure.

8) **Motor Chamber**  
Holds a specially designed pump with a temperature sensor. Do not place this part in the sink or immerse it in water.



Parts are listed according to this photo from the top down.

Sproutman® Presents the New



by Tribest Corp. [www.FreshlifeSprouter.com](http://www.FreshlifeSprouter.com)

## 1. Examine your New Freshlife™

Rinse your new *Freshlife Sprouter* and all its parts. Make sure you have all the parts listed on page 5.

## 2. Prepare your Seeds

Wash the sprouting tray in hot tap water. Examine your seeds and remove any foreign matter. For best results, we recommend new *Freshlife* owners start with mung, alfalfa, or clover seeds. Cover the tray with seeds. For small seeds like alfalfa, 5-6 tbsp of seeds yields a full tray or approximately 1 lb. of sprouts. For other seed amounts, see chart p.10. Pre-soaking of seeds is not required in the *Freshlife*.

## 3. Spread the Seeds on the Tray

Place the *sprouter barrel* on your counter and insert the black *sprouter tray* into the barrel, smooth side up. Pour the seeds onto the tray and spread evenly. *Caution:* Try to prevent small seeds like alfalfa from falling over the outer edge. Place the second black *sprouter tray* on top of the seeds, also smooth side up. Insert the *blue water tube* (about 5 inches long) securely into the hole in the center of the barrel. Make sure the hole and tube are clear of seeds. Remove the top *sprouter tray* a couple of days before harvest time (see chart p.10). This is generally when the sprouts are ready to turn green or when they become 2-3 inches tall.



Spread the seeds out evenly on the bottom sprouter tray.



Add the second black tray on top of the seeds creating a seed sandwich.

## 4. Fill the Water Barrel

Place the *water barrel* on your countertop within reach of an electrical outlet. Insert the *water pressure tube* into the hole at the bottom of the barrel. Read about adjusting this tube later on page 9.

Fill the water barrel up to the mark with pure water (about 1–1½ inches from the top). Use pure water or the same water you use for cooking and drinking. Do not immerse the water barrel in water.



The sprinkler turns on and off several times per hour.

## 5. Put the Two Barrels Together

Set the sprout barrel on top of the water barrel. Align the sprout barrel until it is securely seated. Test the unit: plug it in and look for a fountain of water springing from the top of the blue tube. If not, reseal the barrel until it makes a good connection.

## 6. Get Ready to Plug In

Place the *sprinkler head* on top of the *blue tube* and plug the unit into an electrical outlet. The water should flow through the sprinkler and out its holes. Place *the cover* on top of the unit to maintain warmth and humidity. The *sprinkler* will spray intermittently several times per hour. Change the water in the *water barrel* at least once daily.

## 7. Harvest Time — When to Pick Your Crop

Harvest time is usually between 5 and 8 days, depending on seed variety (see chart p.10). For leafy green sprouts, this is when 90% of the crop has dropped its hulls (seed jackets). They are at their peak when the leaf develops a cleft (divides in two). Grab your sprouts about half-way down and wiggle them out, roots and all, or pull the whole tray out of the barrel. Rinse the sprouts to remove any hulls hanging onto the roots. Although hulls are edible, they can detract from taste. Now, clean the tray (see instructions p. 8 )



After 4 days of growth, the top tray was removed exposing the sprouts to light.

## 8. Refrigerate and Begin Anew

Store the mature, harvested sprouts in your refrigerator for about a week. For best results, store them in a container with a lid. Clean the tray and start growing next week's crop. You can also buy a second barrel to double your harvests (see p.9). While in the refrigerator, it is a good idea to rinse the sprouts once every few days.

### How to Clean your Freshlife and its Parts

*Cleaning Sprouter Trays:* The black sprouting trays have grooves that grab onto the sprout roots. If the grooves are full of sprout roots and seeds, then cleaning must be done in three steps.

1) Rinse the trays under tap water with or without soap and brush them vigorously with a vegetable brush. Do not attempt to clean them perfectly at this time. Put the trays aside to dry, even with some roots still lodged in the grooves.

2) Dry brushing: Hours later, when both the trays and brush are dry, vigorously brush both sides of the trays again, but without any water. Most seeds and roots will flake off. A small amount of leftover seeds and roots is acceptable.

You may also wash your sprouting tray in the dishwasher. Make sure you locate it up high and away from the heating element. Sterilize your growing tray by dipping it for 2 minutes in hot water (as hot as a very hot cup of tea), if you suspect a foul harvest so as not to transfer any bad bacteria to the next crop. You can also sterilize your tray by spraying it with hydrogen peroxide (available at drug stores) or diluted bleach. Sterilize for 10 minutes and then rinse thoroughly.

*Cleaning the Sprouter and Water Barrels:* Wash the barrels with soap and hot tap water. Rinse well to eliminate any soap residue. Do not immerse the water barrel and its motor in water. Also sterilize your barrels, just like the trays (above), with hot water, hydrogen peroxide, or diluted bleach. Let sit for ten minutes, then rinse thoroughly.



Use a vegetable brush for cleaning the grooves in your sprouter tray.

*Cleaning the Blue Water Tubes:* Rinse the tubes with hot tap water. Periodically plunge the tubes clean with a felt pipe cleaner or a cotton swab. This clears any buildup of residue inside the tubes. For the screen portion of the *Water Pressure Tube*, use a vegetable brush or toothbrush to clean the screen.

*Cleaning the Sprinkler Head:* Over time, the sprinkler head may become clogged with mineral residues or wandering seeds.

1) Clean as much of the sprinkler as possible with a pipe cleaner or cotton swab. 2) Let the sprinkler head dry out completely over several hours. 3) Tap the head on all sides to loosen any small seeds that may be clogging the holes. 4) If necessary, use a pin to clear the holes.

NOTE: Keep watch on the water barrel (bottom barrel). If you notice seeds floating in it, refresh the water. When spreading your seeds, try to keep them from dropping into the water barrel. Seeds in the water barrel may travel up the tube and clog your sprinkler head.



Double your output with an extra sprout barrel.

### Adding An Extra Barrel

Double your growing capacity by adding an extra sprouter barrel. The Freshlife can hold up to two sprouting barrels. First get some experience using the basic *Freshlife* before you expand to two levels. A second level is excellent for growing wheatgrass or situations where a more frequent cycle of crops is desired.

### Adjusting the Water Pressure Tube

You can maximize the water pressure by rotating the blue *water pressure tube* counter-clockwise (to the left) until it stops. With the water barrel empty, look at the hole in the bottom. You will notice that one half of the circle is open and the other half closed. Look at the disc on the bottom of the blue *pressure tube*. Half of that disc is an open screen and the other half is closed. If you fit the post into the hole with the screen lined up against the open half of the hole, you will then have the maximum flow of water shooting up the blue tubes to the sprinkler.

# Tips for Happy Sprouting

## About Seeds

Use organically grown seeds whenever possible. When not available, choose seeds that are certified pesticide and chemical-free. Just as seed quality is critical for a successful outdoor garden, it is absolutely essential to select high quality sprouting grade seed for your indoor garden. Our favorite brand is “*Sproutman’s Organic Sprouting Seeds*” (www.Sproutman.com). You can grow any good sprouting seed in your *Freshlife* sprouter, but our most popular suggestions are listed below. For a full list of seeds with growing information and pictures, try our color sprout chart on page 15.

## Some Popular Sprouting Seeds

VARIETY	# of Tbsp to plant	Days of Growth	Description & Taste
Alfalfa	5-6	7	Mild, all purpose
Clover	5-6	7	Spicier cousin of alfalfa
Radish	2-3	5-6	Very radishy & hot
Garlic	2-3	12	Powerful garlic flavor
Wheatgrass	7	9	Medicinal green juice
Sunflower	6	9	Hearty texture & flavor
Sweet Pea Shoots	9	8	Crisp, tall, leafy
Soybean	9	5	Mild, juicy, crisp
Mungbean	8	4-5	Crunchy, delicious
Broccoli	2-3	5-6	Small, rich in flavor
Buckwheat	5	10	Mild flavor, big leaf
Fenugreek	4-5	6-7	Tall, healthy bitter herb
Cabbage	2-3	5-6	Small size, rich flavor

## About Mold

Mold can grow whenever there is moisture, warmth, and food. Nevertheless, you can minimize the problem by being vigilant during the first few days of sprouting. Change the water daily. If you see a lot of foam or discoloration, that is the signal to refresh the water. Two common products, hydrogen peroxide and liquid grapefruit seed extract, available in drug stores and health food stores, can help deter mold. Add approximately ½ cup of hydrogen peroxide to the sprout barrel or add a few drops of grapefruit seed extract.

## About Light

Normal daylight is all you need to develop deep green looking sprouts. If your *Freshlife* location is shady, you can remove the cover once the sprouts have started greening (usually the last 2–3 days before harvest). The *Freshlife* can operate safely without a cover during this period. In addition to more light, the sprouts also get more air which is especially beneficial in hot weather.



Sunflower sprouts grow 8-10 inches tall in the *Freshlife* Sprouter.

Direct sunlight is not necessary and, in fact, may overheat your crop in hot weather. Reduce contact with direct sunlight when temperatures are above 90°F in hot weather. Full spectrum or grow lights are recommended if you have insufficient natural light.

## Optional Method for Growing Mung and Soybeans

The *Freshlife* sprouter has a feature for growing juicy mung and soy sprouts. Follow the basic instructions by placing a black sprouter tray on top of the beans. Now set 4 evenly placed weights on top of the tray. Use apples or clean stones. Their weight gives these bean sprouts something to push against making them fatter and sweeter.

## Questions & Answers with Sproutman



Steve Meyerowitz,  
"Sproutman"

**Dear Sproutman:** *My sprinkler does not spin. Why?*

First of all, the sprinkler does not need to spin in order for the sprouts to get watered. The black trays are designed to spread the water evenly to all sprouts. That being said, if there is an obstruction somewhere that reduces the water flow to the sprinkler, there won't be enough water pressure for it to spin. (See also next question.) I recommend you first test the sprouter with only the *water barrel* and the blue *water pressure tube*. Make sure there

is a strong fountain coming out of the tube. Once you achieve the fountain, replace the *sprouter barrel* on top of the *water barrel* and insert the blue water tube. Observe the flow of water without the *sprinkler head*. If the flow is good, then add on the sprinkler. If it still does not spin, something may be clogging your sprinkler. Change to your secondary sprinkler head. Clean the first sprinkler head to remove any obstructions. (See p. 9 ) Also, sprinkler heads can experience wear and tear and should be replaced if the water is no longer spraying evenly from its holes.

**Dear Sproutman:** *I am growing two sprout barrels, and they are growing fine, but my sprinkler won't spin.*

This is not surprising. The water has to travel two stories high and the longer trip reduces the water pressure. You may have had spinning before, but how well you make the connections from barrel to barrel and from tube to tube affects water flow. Also, (see above) use a pin to clear any obstructions in the sprinkler head. Check your sprinkler. It's just a law of physics. The sprinkler head must spray evenly from all holes in order for it to spin. If your sprinkler head has gotten hurt and is spraying unevenly, replace it with your backup sprinkler. Usually, that solves the problem. Also, check and clean the blue tubes and adjust the water pressure (see page 9). Remember, it does not have to spin to grow a beautiful crop.

**Dear Sproutman:** *I'm very busy. I don't have time to change the water in the water barrel daily. Must I change it? —B. Zeeh*

I know you're busy, but sprouts want fresh, clean, pure water, just like people. If you miss a day, in most cases, the sprouts will do fine. But if there are problems, then you should change the water once each day. Hydrogen peroxide and grapefruit seed extract are helpful in reducing bacterial growth. They increase the probability that your crops will survive missed water changes. (Read "About Mold," p.11) But when there are problems, return to the proper method. A delicious, healthy crop of fresh greens is worth it.

You can also tell when the water needs changing by looking at its foaminess or darkened color. But as the sprouts mature, the water stays cleaner longer. So, if you need to skip your watering chores for a day, do it when the sprouts are a little further along.

**Dear Sproutman:** *Is there any way I can grow more than one variety at a time? —Manny Thypes*

Yes! There are three ways. 1) Each sprouting tray has four sections to it. Ridges separate the sections. If you lay different seed varieties into each section, you can grow up to four different flavors on a single tray. 2) You can also add a second sprouting barrel to your *Freshlife* and put different varieties in each level. This effectively doubles your output and enables a rotation cycle that ensures there is always a "ready-to-eat" crop. 3) Finally, you can mix a few varieties and grow them together. Our favorite mixture is *Sproutman's Garden Mix* which contains alfalfa, clover, radish, and cabbage sprouts.



Above, 4 flavors are laid out and ready to sprout. Up to 4 compatible varieties of seeds can be grown on the same tray.

**Dear Sproutman:** My sprinkler head keeps falling off its post. What's that about? —O.F. Hedd

Your head is clogged....your sprinkler head, that is! Switch sprinkler heads and clean the clogged one. (See instructions on p. 9 )



Ten inch tall buckwheat sprouts growing in the Freshlife Sprouter.

**Dear Sproutman:** Try as I might, I find it difficult to fit the sprouting barrel on top of the water barrel. Why? —Kent Seete.

Because...the sprouter barrel blue tube was forced so deep into the hole, there was no room for the water barrel's *pressure tube* to seat itself!

Lift the barrel off, take out the blue water tube, reseal the barrel and replace the tube.

**Dear Sproutman:** I took off the cover to get more light, but now my *Freshlife* is sprinkling water on my kitchen counter. What can I do?

What a blessing. You've got great water pressure! Most people don't have enough! If your *Freshlife* sprays water over the edge of the lid, reduce the water pressure by turning the *water pressure tube* clockwise (to the right). Review the steps for adjusting the *water pressure tube* on page 9.

**Dear Sproutman:** I've been waiting now for ten or fifteen minutes and the sprinkler has not turned on. I am afraid my unit is not operating properly. — A. Frayed

Don't be afraid. The sprouter motor has a mind of its own. Really! It is controlled by a temperature sensor in the motor. Depending on your environment, time of year, outdoor temperature, water temperature, etc. it will turn on and off differently. The only constant is that it turns on and off intermittently and usually several times per hour. In any event, it is not broken as long as it comes on again.

## Accessories For Your Freshlife Sprouter

ITEM	PRICE	QTY
Cover	9.00	
Extra Sprouting Tray	9.00	
2 Extra Sprinkler Heads	9.00	
2 Blue Tubes (each comprised of 2 parts)	9.00	
Blue Pressure Control Tube (comprised of 2 parts)	9.00	
Sproutman's Turn-the-Dial Sprout Chart <i>Includes growing info, taste, usage, harvest times, recipes, and 37 full color photos. 7"x 9"</i>	4.95	
Sprouts The Miracle Food <i>The Complete Guide to Sprouting. 224 pages</i>	12.95	
Sproutman's Kitchen Garden Cookbook <i>250 Raw, Flourless, Dairyless, Low Temperature, Low Fat, Low Salt Vegetarian Recipes. 336 pgs.</i>	14.95	
Wheatgrass Nature's Finest Medicine <i>The Complete Guide to Using Grass Foods &amp; Juices to Revitalize Your Health. 216 pgs.</i>	12.95	
California Residents only Sales Tax 8.25%		
Minimum Shipping and Handling	5.00	
<b>TOTAL</b>		

Order accessories from  
**Tribest Corp.**  
 PO Box 4089, Cerritos, CA 90703.  
 888-254-7336, fax 562-623-7160  
[www.FreshlifeSprouter.com](http://www.FreshlifeSprouter.com)



Wheatgrass grows easily and without soil in the Freshlife Sprouter.

PRODUCT STANDARD	
* ITEM	AUTOMATIC SPROUTER
* MODEL	FRESH LIFE-2000
* VOLTAGE	AC 120V
* FREQUENCY	60Hz
* ELECTRIC POWER	15W
* SIZE	283mm × 283mm × 380mm
* WEIGHT	2.2Kg

## We Guarantee It

Your Freshlife Sprouter is warranted for one year. (*See details next page.*) In the event something goes wrong with the performance of this appliance, please contact us for fast and courteous service.

**Tribest Corp.**  
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