

# Seeds that can be Sprouted

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## A

Adzuki Beans  
Alfalfa  
Almonds  
Amaranth  
Amaranthus Tricolor  
Ambrosia  
Angelica  
Anise  
Apricots  
Arracacha  
Arugula  
Aztec Sweet Herb

## B

Barley  
Bean  
Beetroot  
Bitter Melon  
Bittercress  
Blue Lake  
Borlotti Bean  
Brahmi  
Broad Beans  
Broad Leaf Plantain  
Broccoli  
Brown Beauty  
Brown Mustard  
Brussels Sprouts  
Buckshorn Plantain  
Buckwheat  
Buckwheat Lettuce

## C

Cabbage  
Calendula  
Cannellini  
Caraway  
Carob  
Carrots  
Celery  
Ceylon Salad Leaves  
Chervil  
Chia  
Chick Pea  
Chickweed  
Chicory  
China Rose Radish  
Chinese Cabbage  
Chinese Watercress  
Climbing Princess  
Clover  
Coconut  
Collards  
Comfrey  
Coriander  
Corn  
Cress  
Curly Cress

## D

Daikon  
Dandelion  
Dark Opal Basil  
Dill  
Drumstick Tree

## E

Epazote  
Epicure  
Evening Primrose Oenothera

## F

Farmer's Friends  
Fat Hen  
Fava Bean  
Fennel  
Fenugreek  
Flax  
French Bean

## G

Garbanzo  
Garlic  
Garlic Chives  
Giant Of Struttgart  
Good King Henry  
Gotu Kola  
Gourmet Delight  
Greek Basil  
Green Pea

## H

Haricot Bean  
Herb Robert  
Huauzontle

## I

Indian Cabbage

## J

Jicama  
Job's Tears  
Job's Tears

## K

Kale  
Kamut  
Kat Grass  
Kentucky Wonder  
Khat  
Kidney Beans

## L

Lablab Beans  
Leeks  
Lemon Balm  
Lemon Basil  
Lentils  
Lettuce  
Licorice  
Lima Beans  
Lovage  
Love-Lies-Bleeding

## M

Magic Bean  
Mexican Black  
Millet  
Mitsuba  
Mizuna  
Money Plant  
Mukunuwenna  
Mung Bean  
Mushroom Plant  
Mustard  
Mustard Lettuce

## N

Narrow Leaf Plantain  
Nasturtiums  
Navy Bean

## O

Oats  
Onions

## P

Papalo  
Parsley  
Peanuts  
Peas  
Perilla  
Pigeon Peas  
Pineapple Sage  
Pinto Bean  
Pinto Peanut  
Pioneer  
Popcorn Shoots  
Psyllium  
Pumpkin  
Purple King  
Purple Leafed Mukunu-Wenna  
Purple Orach  
Purslane

## Q

Queens Anne's Lace  
Quinoa

<p><b>R</b></p> <p>Radish Rau Om Red Clover Rice Rice Beans Rock Samphire Rocket Rockmelon Romano Rye</p> <p><b>S</b></p> <p>Sacred Basil Salad Burnet Salad Mallow Sambu Lettuce Sesame Shallots Sheep Sorrel Shiso Small Flowered Willow Herb Society Garlic Sorghum Soy Beans Spelt Wheat Spicy Globe Basil Spinach Stevia Sunflower (black) Swedes Sweet Basil Sweet Leaf</p>	<p><b>T</b></p> <p>Tade Tampala Tatsoi Thai Basil Thai Coriander Triticale</p> <p><b>V</b></p> <p>Vanilla Orchid</p> <p><b>W</b></p> <p>Watercress Waterleaf Or Leaf Ginseng Watermelon West African Basil Wheat Winged Beans</p> <p><b>Z</b></p> <p>Zebra Bean</p>
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Compiled from Web Sources by Ingrid Naiman

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