

HOW TO SPROUT HEMP SEEDS

Step 1: Take four sheets of paper towels and soak them with distilled water. The sheets should be soaked but shouldn't have excess water running off.

Step 2: Take two of the paper towels and place them on a flat surface. Then, place the hemp seeds at least an inch apart from each other and cover them with the remaining two sheets of water-soaked paper towels.

Step 3: To create a dark, warm protected space, store seeds in a jar for the first three days, or until they begin to sprout.

Step 4: Make sure the area they're kept in is warm, somewhere between 70-90°F.

After these steps have been completed, it's time to wait. You can check the paper towels to make sure they're still saturated, and if they seem to be losing their moisture, you can apply more water to keep the seeds happy.

Some seeds germinate very rapidly while others can take several days. You know a seed has germinated once the seed splits and a single sprout appears.

This is the tap root, which will become the main stem of the plant, and seeing it is a sign of a successful germination. It's important to keep this area sterile, so don't touch the seeds or the tap root as they begin to split.