



easygreen

EasyGreen Light Instruction Manual



EasyGreen Factory
www.easygreen.com



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A. A word from our founder

"Sprouts are the ideal supplement -- the food of the future. They are economical, ecological, low in calories/fat, easy to store, fast and easy to grow, tasty and versatile. To avoid toxic build-up, free radicals, Oxides, Hydroxyls, etc... we need to add RAW and 100% organic nutrients directly from nature to our diet. Sprouts are the answer! This conviction was my motivation to develop the world's best home automatic sprouting appliance, the EasyGreen® Light, intending to encourage and simplify the consumption of sprouts, greens and raw food by all, for a healthier world."



Sol Azulay, Founder
EasyGreen Factory Inc. California, US





B. Congratulations,

You are the Owner of the new EasyGreen Light (EGL) appliance,
the best home sprouter in the world!

The EasyGreen system was developed to minimize the effort and attention required for growing delicate, baby crops of vegetables. Even if you do not have a green thumb, you will find it easy to germinate a variety of seeds, make fresh, crispy sprouts a source of fun and satisfaction, knowing it is one of the cleanest foods you may ever consume. Children learn about the natural processes of life and enjoy consuming baby vegetable, seeded just few days ago. Please follow the operation instructions. If any questions arise that are not answered in this manual, please email our support line: easygreensprouts@gmail.com .

C. General Information

People get involved in sprouting for a variety of reasons. Many start sprouting after reading about the health benefits of sprouts or visiting a health clinic. Some people are impressed by the nutritional value of the different sprouted seeds. Some just want sprouts fresher than available at the grocery store. Others see the miracle of sprouts for its rejuvenation and healing attributes. Whatever your reason for wanting to grow your own FRESH, crispy, healthy sprouts, we are sure you'll enjoy using your EasyGreen EGL sprouter.

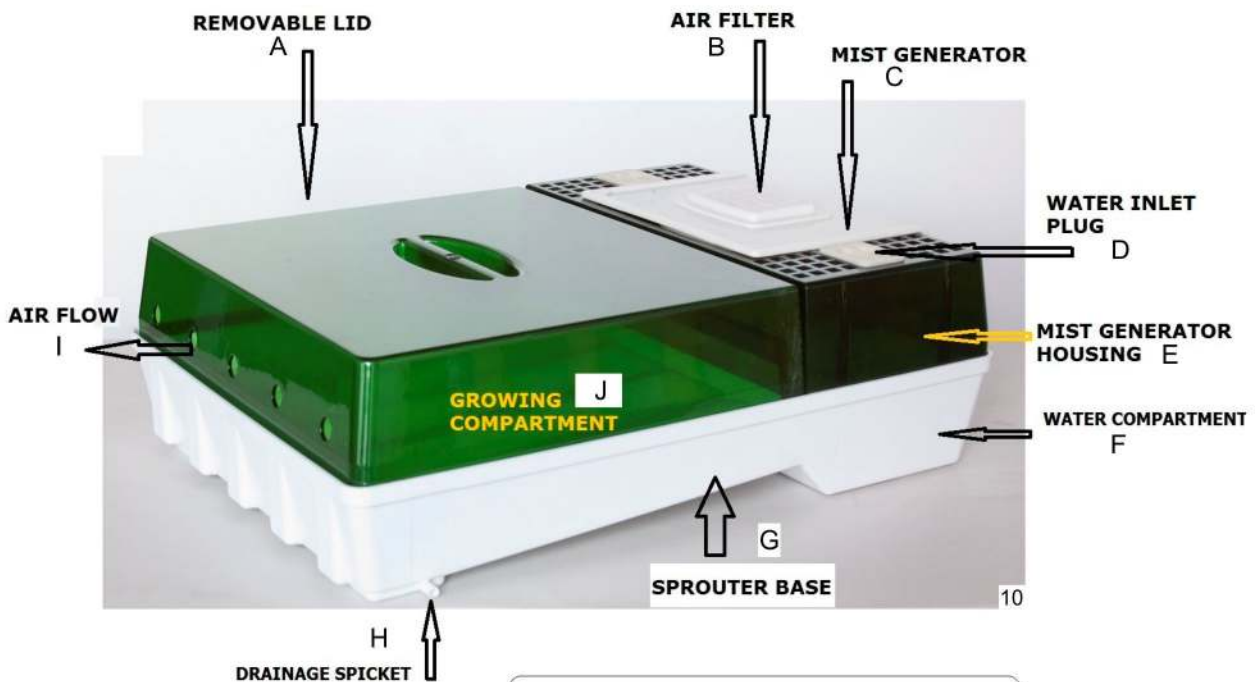


One EasyGreen Unit should supply fresh sprout supplements of a family of 4 individual. For those wanting wheatgrass juice, 2 to 3 EasyGreen EGL will be required for a good daily supply of wheatgrass juice. Flexible and convenient, the EasyGreen appliance takes the hassle out of growing sprouts. No more mold, rotting, or drying.

Please read **all safety instructions** before attempting to operate the system.



D. The EasyGreen System



EASYGREEN MODEL 'LIGHT' (EGL)



E. Accessories - Clarifications

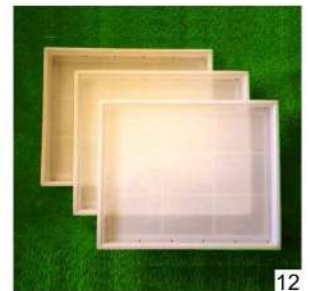
E1. Cartridges:

5 x cartridges are supplied standard with each EGL machine. These are used to sprout most of group 1 and 2 seeds (later on this manual explanation about the three groups of sprouts).



E2. Large trays:

The EGL can accommodate one large instead of the space of 5 cartridges. Large trays are handy when a large crop is needed, such as wheatgrass. Large trays are supplied in packs of three units. Wheatgrass requires 8 to 12 days growing cycle, for efficiency reasons the tray may be removed from the machine after 5 to 7 days and remain away from the EGL for 3 to 5 days greening. A second tray is introduced to keep the machine producing. When tray one is ready for consumption, the second tray may be removed from the EasyGreen for greening and replaced with the third tray. (production will start by the end of 2017).



E3. Air filters:

Air Filters should be replaced every 3 months. If the environment is very dusty 2 months is recommended. Air filters are supplied in pack of three.



E4. Plugs:

The machine is supplied standard with 2 water inlet plugs. It is important to keep these plugs in place. The EasyGreen produce mist and oxygen, when a plug is missing, most of the mist/oxygen escapes from the open inlet instead misting the crops, thus resulting in possible mold or rotting of the crops. It may be a good idea to keep a set of spare plugs in case a plug is lost. Plugs are supplied in packs of two).



E5. Drainage Tube:

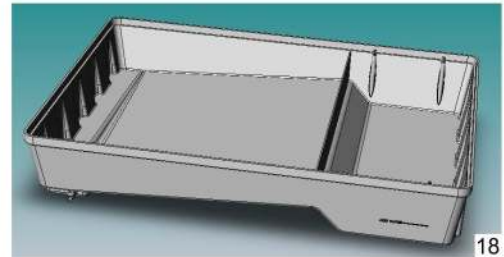
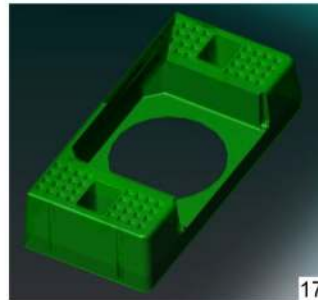
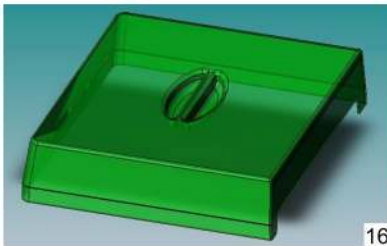
The new drainage tube is made from medical rubber tubing. It was found more flexible compared to the old vinyl tube. It helps assure drain water runs out of the machine. (See more information about the drainage tube elsewhere in this manual).





E6. Lid, Sprouter Base, Mist Generator Housing:

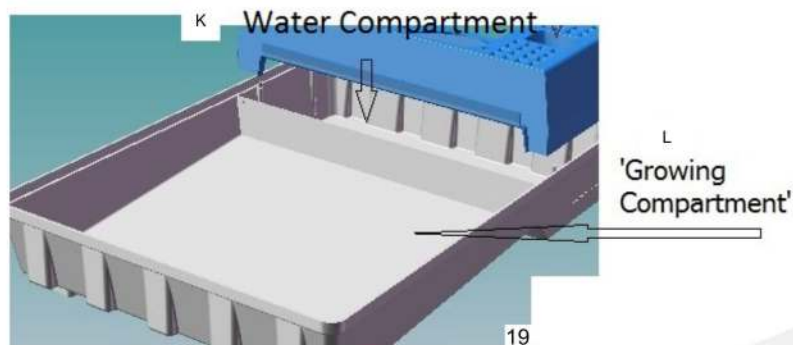
These are the 3 basic parts of the new EasyGreen Light (EGL). The new EasyGreen was engineered to allow changing any of these parts in case of damage. Changing a part instead of disposing from a complete machine can save you \$\$\$ and the environment. Each of these parts is supplied single units.



F. Setup

Remove any materials or literature that may have been packed inside the growing compartment. After unpacking the equipment, place the EasyGreen module on a table and verify all parts are present and undamaged.

There are two compartments in each EasyGreen unit, a growing compartment where the tray or cartridges are inserted, and a water compartment where the Mist Generator is installed.



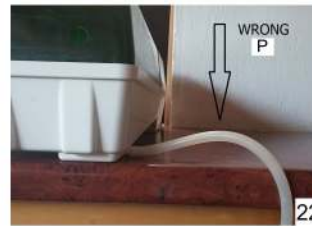
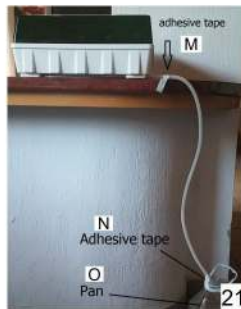


G. EasyGreen EGL Setup

1. Place an EasyGreen on a **firm, flat and level surface**, where room temperature can be maintained around 70 F . Avoid direct sunlight. The EasyGreen must be installed **at least 1.5 feet** above ground level for effective drainage.

2. The EGL drains from the right, locate the appliance to the left of the sink.

3. Run the drain tube from the EasyGreen EGL spicket and point to the sink. The EGL will drain directly into the kitchen sink. If the appliance is installed elsewhere, you may need a pan (Bucket) to be located at least 1.5 feet **below** the EasyGreen. The drainage tube is then inserted inside the pan/ bucket. A 1-gallon plastic water container may be used as a drain bucket. Cut excess drainage tubing so that it goes into the bucket **only 1.5"-2"** and secure it with a tape to the container edge. If the drainage tube is inserted deep into the container, once the level of the drained water blocks the tube, the system will stop draining, resulting in drain water spilling out of the growing compartment.



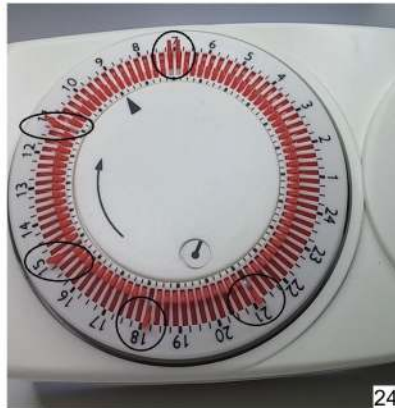
4. Using a jug, fill the water compartment with water. Stop filling water just under the partition wall edge.



5. Plug the Mist Generator power into the wall socket and let the appliance run for about 10 to 15 minutes.

6. Lightly blow through the drain tube to clear it from possible impurities and assure water flow. Leave the Mist Generator ON activating the system until the drained water flows with no obstructions into the sink or bucket.

7. Locate the timer supplied with the equipment. This is a special timer that can mist and oxygenate in durations of 15 minutes 96 times a day. Holding the timer as shown in the picture. Each toggle pulled out will activate the mist generator for about 15 minutes. Pull 1 toggle every 3 to 3.5 hours for a total of 7 toggles a day.



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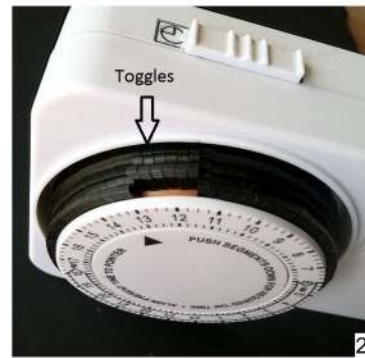
You may receive a timer with black toggles instead of red toggles.

The black toggles are located on the perimeter of the dial

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This is the standard setting for the EasyGreen EGL. Other variations are possible based on the season of the year and the crop in question. This will be discussed later.

H. The EasyGreen is Ready to Go ... GROW

We found that most people prefer to germinate seeds with cartridges and to use large trays (optional) for 'greens'. The main reason is that greens such as wheatgrass, buckwheat and sunflowers are juiced for health purposes, and a bigger crop is required to extract a reasonable amount of juice. The cartridges are handier and easier to wash under the sink or in a dishwasher. If you intend using the EasyGreen for growing your daily intake of natural vitamins and enzymes, use the cartridges. Cartridges supply an adequate daily crop to supplement your diet. With cartridges, you can be assured that YOU WILL GET DAILY FRESH SPROUTS WITH YOUR FOOD. Since, with the EasyGreen you do not need to soak seeds, the growing cycles mentioned in this manual are from dry seed to ready-to-harvest. Some seeds require more practice to get good results.



I. Seed Types - General

Crop contamination can occur from the seeds. Commercial seeds are treated against fungus and bacteria. If you choose to treat seeds yourself, soak the seeds for 20 to 30 minutes in a 200-PPM solution of sodium hypochlorite or calcium hypochlorite. Rinse well after soaking.

The grower must strive to maintain almost sterile growing conditions within the growing compartment. It is important to assure that there is no bacteria or fungus from a previous growing cycle. To minimize such risks, carefully follow the cleaning instructions in this manual.



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There are different concepts regarding what sprouts, beans and greens to consume and when. This issue will not be addressed in this manual. Your health nutritionist, doctor or health clinic will advise you. We confined the information in the manual to just the “How To's” of growing your sprouts.

Seeds are categorized into the following Groups:

J. Group 1. (Approximately 5-days growing cycle); Alfalfa, Clover, Red Clover, Radish, Cabbage, Brown Mustard, Broccoli.



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K. Group 2. (Approximately 2 to 4-days growing cycle); Green Peas, Rye, Spelt, Soft Wheat, Hulled Sunflowers, Mung Bean, Fenugreek, Lentil, Garbanzo*, Adzuki*, Soybean*, Kamut*

***Requires Advanced Experience**



...AND THIS IS HOW TO CONSUME IT :-)



L. Group 3. (Approximately 10-day growing cycle) Sunflower, Buckwheat, Wheatgrass, Onion, Chia, Garlic.



These times are approximate as different geographical areas, climatic conditions, and seasons will have an impact on the growing cycle.

Do not mix seeds from different groups in the same tray. They will grow well, but since the germination time is different, you will find it difficult to separate the ready ones from the rest. For a salad mix, experiment with different seeds of the same group.

The quantities delivered from each cartridge or tray can vary depending on the quantity of seeds you use to start. It is important to germinate only as much as you intend to eat daily. After a little experimenting, you'll soon know how many seeds to sprinkle per tray. In order to germinate a partial cartridge or tray, sprinkle seeds on the back portion of the cartridge or tray first (the side that will be away from the front of the appliance).

M. Group 1 (5-Day cycle) ROTATION OF CARTRIDGES

M1. Day 1

Check the drainage holes inside each tray. Remove any seeds from the previous cycle of germination. Wet the cartridge. This will assure your seeds will 'stick' to the bottom of the cartridge. Washing the cartridge thoroughly with soap will minimize static electricity. This will help to retain water on the bottom of the cartridge.

Sprinkle an even layer of seeds in a cartridge. Shake the cartridge gently side to side to evenly spread the seeds across the bottom of the cartridge. If you want "kick start" your seeds, mist the seeded cartridge with a hand sprayer (similar to those used for plants) before placing it in the EasyGreen EGL.





Insert the first cartridge in the far right side of the growing compartment. The empty cartridges are properly installed in the space available. Close the appliance lid.

M2. Day 2, 3, 4

Rotate the first cartridge back to front (turn around) and move it to the left one cartridge-width. Seed an empty cartridge and place it to the right of the growing compartment. Move the seed cartridges daily one cartridge-width to the left and place the new seeded cartridges to the far right. Remember to turn around (Back to Front) all the cartridges as you move them to the left. Close the lid.

M3. Day 5

On completion of 5 full days of germination, remove the far-left cartridge from the EasyGreen. Harvest the crop. Clean the drainage holes of the empty cartridge. Wash the cartridge and sprinkle more seeds. Move the other 4 cartridges one step to the left and place a seeded cartridge in the far right corner of the growing compartment. Rinse the sprouts well to remove the hulls, before use or refrigeration.



Group 1 sprouts reach their nutritional peak around the 5th and 6th day of germination. A major advantage of this automatic sprouting appliance, the EasyGreen, is that it gives you control over the process. When sprouts are purchased, it is difficult to know how old they are, but it can be virtually guaranteed that they are not 5-days old! Therefore, the nutritional content of the sprout is not at its best.

After the 5th day of germination, the sprout itself starts using its nutritional value in order to continue the growing process. To get the most nutrition from your sprouts, when a cartridge is ready, remove it from the EasyGreen, wash the crop, and add them fresh to your food. *This is probably the ultimate in eating life food. The crop is still growing in your plate!*

Fill the water compartment daily !

N. Group 2

N1. Beans

Most beans require a cycle of 2 to 3 days for being ready for consumption. The best indication that your beans are ready, they need to have a small sprout (tail). This tail should be approximately 1/8" long. Once the "hull" is separated from the bean it starts a decomposition cycle. Leaving the beans longer may result in mold.



O. Group 3

O1. Greens

Different seeds can be grown for greens. Wheatgrass, Buckwheat, Sunflowers are the most common ones. When germinating buckwheat or sunflower, it is important to control the light during the first days of germination. If the sprouts grow for too long in the dark, they will tend to develop a long, thin stem that will hardly hold the weight of the sprout. If on the other hand, they are exposed to light too early, they will not be long enough within 8 - 10 days to add to your food or salad. From the nutritionist's point of view, it makes no difference if your sprouts are long or short. We have learned from growers that some prefer them long mainly for aesthetic reasons.



With the advent of hydroponic germination machines such as the EasyGreen, where soil is not used, some institutes recommend juicing the sunflower sprouts after 3 to 4 days of germination together with the roots. By juicing or blending, you can consume a larger quantity. This is very effective because the growing cycle is reduced and more trays can be germinated in the same span of time. They need to be washed thoroughly before blending, juicing or consuming.

Of course, this is not the case for wheatgrass. In this case, they must be cut above the roots and juiced. Some People like to harvest beans like Greens. For example, if you would like to harvest Sweet Peas, as Greens for your salads, you should allow them to grow to 3-5" long. In such cases, They should be cut about 1/2" above the seed. Only the upper part is edible.

P. How to grow Wheatgrass using few EasyGreen EGL's

Spread one full cup (mug) of grain in a large tray. Make sure the entire bottom is covered with seeds.

Insert the tray in the first EGL. After 3 to 4 days, seed the second EGL. Start harvesting wheatgrass from the first EGL when the shoots are green and reach 5 to 6" tall. During winter months, wheatgrass can be exposed to the sun for longer hours to green. When the crop reaches the ceiling of the lid, you may remove the lid and allow them to grow longer.



Q. REFRIGERATION

If you need to refrigerate part of the sprouts for a day or two, you may leave the unused sprouts in the cartridge and refrigerate. Since the cartridges and trays are self-draining, there is minimal amount of water in the tray while refrigerated. The cold temperature will slow the growth but will not stop it!

If you do not choose to germinate your sprouts on a rotation system, you may fill all five cartridges with seeds and germinate all cartridges at ones. However, experience has shown that the grower may have some difficulty in keeping them fresh for more than a few days. The average person will consume the contents of 1/3 cartridge daily, the other 2/3 will need to be refrigerated for few days. This misses the purpose of consuming FRESH sprouts daily. Fresh sprouts (about 5 days old) are nutritionally superior compared to older sprouts.

R. CLEANING

**NOTE: NEVER USE ABRASIVE CLEANERS
TO CLEAN THE EASYGREEN.**

R1. After Harvest -Trays and Cartridges

Remove your sprouts from the tray or cartridge and rinse thoroughly, pour a solution of 3 tablespoons of bleach to a gallon of water on the tray. Let stand for 20 minutes, then rinse well before using or insert the tray or cartridge into your dishwasher.

R2. Weekly - The Machine

1. Unplug the EasyGreen EGL. Remove the tray or cartridges with any crops.
2. Remove the Mist Generator (MG) with the Allen key provided. Separate the MG housing from the base.
3. Remove the drainage tube.
4. Insert the lid, bottom (base) and MG housing into your dishwasher together with the trays.
5. Assemble all parts and the appliance is ready for use.

NEVER IMMERSE THE MIST GENERATOR OR CLEAN IT UNDER RUNNING WATER!! AN ELECTRIC SHOCK MAY RESULT OR THE GENERATOR COULD BE DAMAGED **and never insert the mist generator into the dishwasher.**



NO DISHWASHER MACHINE



AIR FILTER- Change the air filter every 3 months.



Removing the air filter

S. MIST GENERATOR FINE TUNING

Regulating the Mistaponic to your topographic area and weather conditions.

S1. OPTION A 24-HOUR MISTING CYCLE

The fine-tuning of your EasyGreen to your specific location and time of year can be done with the timer settings. Three different settings were found to be suitable:

1. FOR DRY HOT WHEATER- Spread 8 activations (Toggles ON) across the timer.
2. FOR HUMID HOT WHEATER- Spread 8 activations (Toggles ON) across the timer and remove the lid during the night.
3. FOR HUMID COLD WHEATER- Spread 6 OR 5 activations (Toggles ON) across the timer. A good general indication; seeds/sprouts are to be wet or moist to the touch of your fingers, during the OFF intervals (Mist Generator is not active). If the sprouts are soaked, the mist is too rich. Try a different setting.

Remember that you want to keep the sprouts moist but not soaked.



T. FREQUENTLY ASKED QUESTIONS

1. Q. What seeds should I use?

A. Preferably, certified organic seeds. Make sure it comes from a fresh stock with a high germination rate.

2. Q. How many trays are needed for wheatgrass?

A. Assuming you intend to juice daily, a total of 6 to 7 trays seems sufficient. If the weather conditions in your area are not favorable, the rate of growth will slow. In this case, 1 or 2 additional trays may keep the harvest going.

3. Q. Can I grow them without dirt?

A. The ideal conditions within the machine will allow you to easily grow them hydroponically (water only).

4. Q. If wheatgrass is grown hydroponically, do they need fertilizer?

A. Some hydroponic experts believe that after the germination process is completed (4 to 6 days) fertilizer can be added. Other experts suggest that the chemical reaction within the seed will produce all the nutrition that the young plant needs during the first 8 - 12 days of germination. This is based on the assumption that until a plant builds a strong root system its ability to absorb nutrients from the soil/water is limited.

The main reason for consuming wheatgrass juice, according to Dr. Ann Wigmore, seems to be for the qualities of chlorophyll. The quality of the chlorophyll is a direct result from the photosynthesis process, therefore additional nutrition from the soil seems not to be the main issue when consuming wheatgrass.

If you choose to add fertilizer to your Wheatgrass, try a hydroponic solution that is 100% water-soluble. In this case, add solution to a hand sprayer and start to fertilize the Wheatgrass during the days that it will be exposed to the sun. (Not required while the tray is in the EasyGreen.)

We do not recommend using any substances in the machine. This may create deposits in the water and clog the Mist Generator.

NOTE: Dilute fertilizer in accordance with the manufacturer's recommendation (on the label). Beginners tend to over-fertilize; this may result in undesirable side effects on your crop. It is better to be 20% under the recommended dosage than 5% above.





5. Q. Can I make Rejuvelac?

A. Yes, remove the tray after the first 48 hours from the machine. The seeds are ready for starting the Rejuvelac process when the tail is as long as the grain.

6. Q. Do I need to soak the grain before inserting the tray in the machine?

A. No, but you can 'kick start' your seeds by spraying them well with a hand sprayer before inserting each tray to the machine. The machine will take over.

7. Q. My Wheatgrass is "pale".

A. A maturing Wheatgrass must be dark green. This will depend on the amount of light the machine is exposed to as well as the amount of sun the crop is exposed to after the growing cycle in the EasyGreen is completed. Select a spot where the Wheatgrass is exposed to the sun for at least 4 - 5 hours a day and the temperature within a range of 70 ~ 90F. Avoid strong winds.

U. FILLING

1. After filling, be sure to wipe out any residual water with a clean cloth or paper towel.

Manual filling: -. Fill the EasyGreen water compartment with COOL, CLEAN up to the full 50 mark.

DO NOT OVERFILL.

NOTE: Tap water quality and hardness can vary greatly. Any accumulation of white dust on furnishings in the vicinity of the EasyGreen indicates that the water is extremely hard or the quality of the water is suspect. Use a home filter wherever possible.

If you choose not to use de-mineralized water, deposits will accumulate on the insides of the machine. This will reduce translucency of the semi clear green lid of the EasyGreen.

CAUTION: DO NOT ADD WATER THROUGH THE AIR INTAKE GRILL , OR THE FILTER ON THE MIST GENERATOR. DOING SO MAY CAUSE DAMAGE OR PERSONAL INJURY.



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V. IMPORTANT SAFETY INSTRUCTIONS

NOTE: NEVER USE ABRASIVE CLEANERS TO CLEAN THE EASYGREEN.

WHEN USING ANY ELECTRICAL APPLIANCE, BASIC SAFETY PRECAUTIONS SHOULD BE FOLLOWED

READ ALL INSTRUCTIONS BEFORE USING THE EasyGreen AND SAVE THESE IMPORTANT INSTRUCTIONS.

1. Prior to filling or use, always check the power cord for signs of damage. Check within the compartments to see that objects have not inadvertently been placed there that could be damaged by water or which could interfere with the operation of the EasyGreen or damage the Mist Generator.

2. The EasyGreen may not function properly on a non-level surface. Always place the EasyGreen on a firm, flat surface.

3. Do not place the EasyGreen near heat sources such as stoves, radiators and heaters. This may result in mould or rotting of the sprouts.

4. This product is equipped with a polarized alternating current line plug (a plug having one blade wider than the other is). This plug will fit into the power outlet only one way. **This is a safety feature. NEVER** connect the EasyGreen to any power source other than a 120-volt in the USA and 220v in most other countries, alternating current, polarized outlet. If you are unable to insert the plug fully into the outlet, try reversing the plug. If the plug should still fail to fit, contact an electrician to replace the obsolete outlet. **DO NOT defeat the safety purpose of the polarized plug.**

5. While in use, place the EasyGreen in an area where it is not accessible to children and with the power cord positioned to avoid the possibility that a child could use it to pull the EasyGreen.

6. The EasyGreen should always be unplugged and emptied when not in operation or while being serviced or cleaned. **NEVER TURN ON THE MIST GENERATOR WHILE IT IS REMOVED FROM THE COMPARTMENT.**

7. Never tilt or attempt to move the EasyGreen while it is operating. **UNPLUG** the EasyGreen and remove all the water from the water compartment before any movement.

8. The EasyGreen requires regular cleaning. Refer to the **CLEANING** instructions provided. Never clean the EasyGreen in any manner other than as instructed in this manual.

9. **WHEN NOT IN USE, UNPLUG AND EMPTY THE EasyGreen AND BUNDLE THE POWER CORD FOR SAFE STORAGE.**



W. STORING THE EASYGREEN

Should you stop using the machine on a regular basis (two days or more). The water vapor accumulated in the mist generator area may lead to rust and malfunctioning. Rust is not covered under our warranty. In order to dry the mist generator, the following steps are essential:

1. Empty the water from the water tank into your sink.
2. Remove the air filter from the mist generator.
3. Run the mist generator dry for 5 to 7 minutes in order to dry the motor area.
4. Unplug the machine for the power outlet.





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Many EasyGreen units were displayed on the movie "Sun Shine"



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Locavores exhibition in Paris



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**The National Gardening Club
tested and recommended the EasyGreen**



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