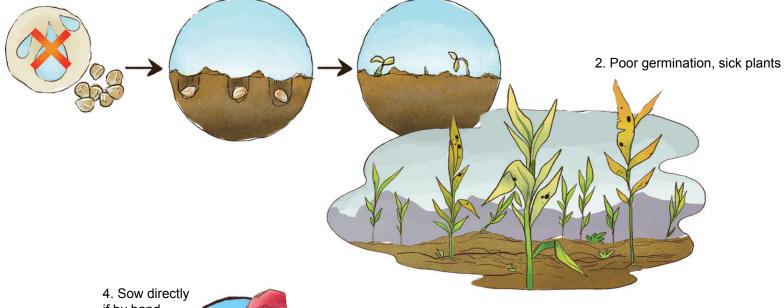


healthier

1. Traditional practice is to sow seeds dry



3. Improved practice is to soak seeds overnight first

