

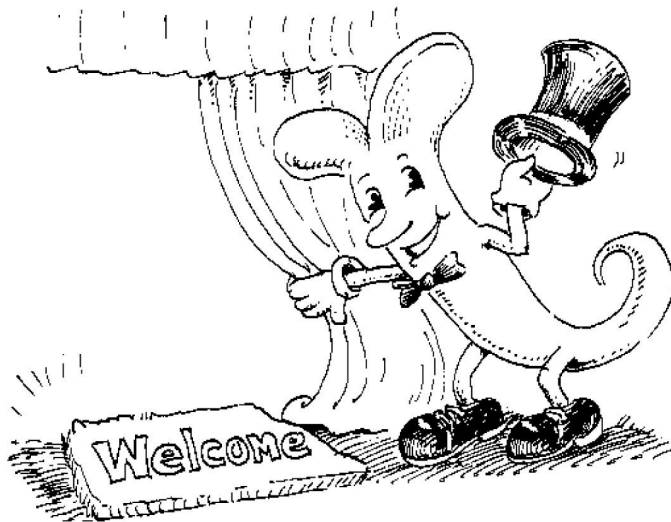
Sproutman® Presents the New

TRIBEST
Freshlife®
FL-3000

by Tribest Corp. www.Tribest.com

Instruction Booklet





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 harvests 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

The following basic safety precautions apply when using electrical appliances:

- 1) Read all instructions.
- 2) To protect against electrical shock do not immerse cord, plugs, portable appliances (or other specific part or parts) in water or other liquid.
- 3) Close supervision is necessary when any appliance is used by or near children.
- 4) Remove plug from outlet when the appliance is not in use, before putting on or taking off parts, and before cleaning. Allow to cool before handling.
- 5) 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.
- 6) The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- 7) Do not use outdoors (this item may be omitted if the product is specifically intended for outdoor use).
- 8) Where applicable, always attach plug to appliance and check that the control is OFF before plugging cord into wall outlet. To disconnect, turn the control to OFF, then remove plug from wall outlet.
- 9) Do not use appliance for other than intended use.
- 10) Avoid contacting moving parts.
- 11) Save these instructions.

SAVE THESE INSTRUCTIONS

Importantes mesures de sécurité

Appliquez les mesures de sécurité élémentaires suivantes lorsque vous utilisez un appareil électrique:

- 1) Lisez toutes les instructions.
- 2) Pour éviter les chocs électriques, ne plongez pas le cordon, la fiche ou l'appareil portatif (indiquer au besoin d'autres pièces similaires) dans l'eau ou un autre liquide.
3. Surveillez bien les enfants s'ils utilisent un appareil ou s'ils se trouvent à proximité d'un appareil en marche.
4. Débranchez l'appareil de la prise de courant quand vous ne l'utilisez pas, avant d'enlever ou d'installer des pièces et avant de le nettoyer. Laissez l'appareil refroidir avant de le manipuler.
5. Ne faites pas fonctionner l'appareil si le cordon ou la fiche sont endommagés, si l'appareil ne fonctionne pas correctement, s'il est tombé ou s'il a été endommagé. Confiez au service de réparation recommandé le plus proche tout examen, réparation ou réglage électrique ou mécanique de l'appareil.
6. L'utilisation d'accessoires non recommandés par le fabricant de l'appareil peut causer des blessures.
7. N'utilisez pas l'appareil à l'extérieur (cette consigne peut être omise si le produit est destiné à être utilisé à l'extérieur).
8. Le cas échéant, branchez toujours la fiche à l'appareil et assurez-vous que l'interrupteur de celui-ci est à la position ARRÊT (OFF) avant de brancher la fiche dans la prise. Pour débrancher l'appareil, placez l'interrupteur à ARRÊT (OFF) puis retirez la fiche de la prise de courant.
9. N'utilisez l'appareil que pour la fonction à laquelle il est destiné.
10. Évitez de toucher les pièces mobiles.
11. Conservez ces instructions.

Conservez ces 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 green 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 an opening on bottom. It sits inside the water barrel and controls the water pressure. Open the hole when you grow only one barrel of sprouts, and close the hole when you grow 2 or more barrels of sprouts.

8) **Motor Chamber:** Holds a specifically designed water pump with a timer. Do not place this part in the sink or immerse it in water.

9) **Wheatgrass Pad:** Controls tangled roots, while growing wheatgrass.

10) **Power Cord:** Detachable Power Cord.



Parts are listed according to this photo from top down

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1. Examine your New Freshlife

Rinse your new Freshlife Sprouter and all its parts. Make sure you have all the parts listed on page 6.

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.11. 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 sprout tray into the barrel, smooth side up. Pour the seeds onto the tray and spread evenly.

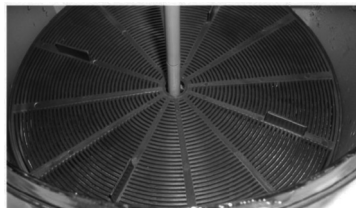
Caution: Try to prevent small seeds like alfalfa from falling over the outer edge. Place the second black sprouter tray on top of the seeds, also smooth side up.

Insert the green water tube (connect 2 pieces to make 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 days before harvest time (see chart pg.11).

This is generally when the sprouts are ready to turn green or when they become 2-3 inches tall.



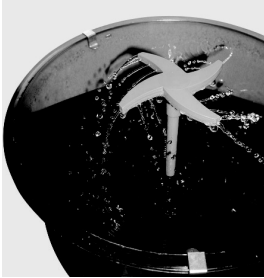
Spread the seeds out evenly on the bottom sprouter tray.



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 10.



The sprinkler turns on and off several times per hour.

Fill the water barrel with pure water up to about 1-1 ½ 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.

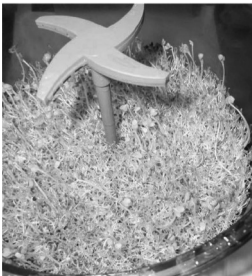
5. Put the Two Barrels Together

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 green 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 green 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



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

Harvest time is usually between 5 and 8 days, depending on seed variety (*see chart p.11*). 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 halfway 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. 9*)

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. 10). 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 Tray: 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 two 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.



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

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.

Cleaning the Green Water Tubes: Rinse the tube clean with hot tap water after every harvest. Then clean them once every month using a felt tip pipe cleaner. This works like a plunger to clear the residue build up of film and gel that naturally accumulates from the seed jackets.

Cleaning the Sprinkler Head: Flush the spinning sprinkler head with hot tap water after each harvest. Tap it on all sides. Rinse and tap repeatedly to flush out debris. Use the toothbrush to help. Film residue from the seeds builds up and clogs the holes. This slows down the speed of the spin. Regular cleaning is required.



The sprinkler head separates for periodic maintenance. Film and gel from the seed jackets can clog the tiny water outlets.



The moveable tabs can increase or decrease the flow of water and the rate of spin

How to Open the Sprinkler Head: If your sprinkler is badly clogged, it can be thoroughly cleaned by opening it. This job is best done by someone who is good at working with their hands. Each of the 4 arms has 2 tabs. Use a flat object like a butter knife to slide off all the tabs and place them safely in a cup. Separate the top and bottom halves of the sprinkler head and clean them with a toothbrush. Then reassemble the head and its tabs.

Adjusting the Sprinkler Head Water Flow Tabs:

There are 3 water outlets on each arm of the spinner and a fourth opening at the end point. To increase the spinning speed, move the tabs to close 1 or 2 outlets closest to the center post. To slow the sprinkler head, move the tabs to close 1 or 2 openings closest to the outer end of each arm.

Adding an Extra Growing Level

Double your growing capacity by adding an extra growing barrel set. Sproutman recommends you achieve 3 successful crops before adding another growing level. Build your skill first, then use the following rotation procedure. Start the first growing barrel on a Monday and grow it alone for 4 days. Start the second growing barrel on Thursday and put it in the bottom position. Move the Monday barrel to the top position. The alignment of the water flow tubes must be perfect in order to achieve full water pressure. The opening on the water pressure tube must be closed. The spinner tabs may need to be adjusted for better water flow.



Never run out of greens! Establish a crop rotation schedule with 2 growing levels. The bottom level is the water reservoir.

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.tribestlife.com). You can grow any good sprouting seed in your Freshlife sprouter, but our most popular suggestions are listed below.

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	Crsip, 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 water 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 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 *green 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 green 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. 10*) 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. First of all, make sure that the opening of the water pressure tube is closed. 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 green tubes and adjust the water pressure (*see p. 10*). 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*

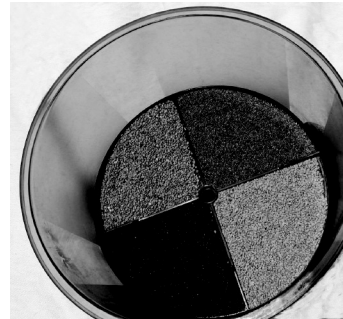
I know you're busy, but sprouts want fresh, clean, pure water, just like people. If you miss a day, in most cases, the sprouts will do fine. But if there are problems, then you should change the water once each day. Hydrogen peroxide and grapefruit seed extract are helpful in reducing bacterial growth. They increase the probability that your crops will survive missed water changes. (*Read "About Mold," p.12*) 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. 10)



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 green 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 green water tube, reseal the barrel and replace the tube.

Dear Sproutman: *I took off the cover to get more light, but now 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 lid, reduce the water pressure by opening the opening on the water pressure tube. Review the steps for adjusting the water pressure tube on page 10.

Accessories For Your Freshlife Sprouter

Item	Price
Extra Sprouter Barrel Set. <i>Include 2 trays, sls clips, green tube and barrel. Doubles your capacity</i>	\$34.95
Cover	\$16.20
Extra Sprouting Tray	\$9.00
2 Extra Sprinkler Heads	\$9.75
2 Green Tubes (each comprised of 2 parts)	\$9.75
Sproutman's Turn-the-Dial Sprout Chart <i>Includes growing info, taste, usage, harvest times, recipes, and 37 full color photos. 7"x9"</i>	\$8.60
Sprouts The Miracle Food <i>The Complete Guide to Sprouting. 224 pgs</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 & Juices to Revitalize Your Health. 216 pgs</i>	\$14.95

Order accessories from
Tribest Corp.

1143 N. Patt Street
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fax: 714-879-7140
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Wheatgrass grows easily and without soil in the Freshlife Sprouter

We Guarantee It

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

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PRODUCT STANDARD	
ITEM	AUTOMATIC SPROUTER
MODEL	FL-3000
ELECTRICITY	USA Model: 120V~, 60Hz Europe & Asia Model: 220-240V~,50/60hZ
ELECTRIC POWER	15W
SIZE	283mm x 283mm x 380mm
WEIGHT	4.4 lbs. / 2.1 Kg

WARRANTY

1. We warrant to you, the end-user customer who has properly registered after purchasing a new Tribest® Freshlife 3000®, that the new Tribest® Freshlife 3000® will be free from defects in materials and workmanship for a period of one (1) year from the date of purchase.

2. Upon Tribest's receipt of a written notice of defects from you during the warranty period, Tribest, at its option, will either repair or replace the part(s) of Tribest® Freshlife 3000® that proved to be defective. The replacement of the part(s) of Tribest® Freshlife 3000® may be either new or like new. The Tribest® Freshlife 3000® may contain re-manufactured or re-conditioned parts, which is equivalent to new in performance or may have been subjected to incidental use.

3. This warranty does not apply to defects resulting from:

- a. the failure to operate the Tribest® Freshlife 3000® in accordance with the instructions.
- b. the use of parts or supplies not provided or authorized by Tribest.
- c. negligent, improper or inadequate maintenance.
- d. the service performed or attempted by unauthorized service person(s).
- e. tampering, misuse or unauthorized modification of the Tribest® Freshlife 3000®.

4. All warranty and repair services must be performed at a warranty service center which is located within the country where the Tribest® Freshlife 3000® was originally purchased. However, in the event that: [I] the machine must be serviced at a service center that is not located within the country where the machine was purchased; or [II] there is no service center within the country where the machine is located and must be shipped to a service center in another country, then those service centers are responsible for the parts and service only, and any and all costs relating to the shipping, delivery and handling of the machine to and from those service centers shall be the sole responsibility of the owner.

5. TRIBEST MAKES NO OTHER EXPRESS OR IMPLIED WARRANTY OR CONDITION WHETHER WRITTEN OR ORAL. TO THE EXTENT ALLOWED BY LOCAL LAW, ANY IMPLIED WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE OR IMPLIED WARRANTY OR CONDITION OF MERCHANTABILITY OR SATISFACTORY QUALITY IS LIMITED TO ONE (1) YEAR. In the event that such limitation or exclusion on the dura-

tion of an implied warranty is not allowed in the states or counties wherein you reside, the above limitation or exclusion will not apply. This warranty gives you specific legal rights and protection, and you might also have other rights that vary from state to state, or county to county.

6. TO THE EXTENT ALLOWED BY LOCAL LAW, THE REMEDIES IN THIS WARRANTY STATEMENT ARE YOUR SOLE AND EXCLUSIVE REMEDIES. EXCEPT AS INDICATED ABOVE, IN NO EVENT WILL TRIBEST BE LIABLE FOR DIRECT, SPECIAL, INCIDENTAL, CONSEQUENTIAL (INCLUDING LOST PROFIT), OR OTHER DAMAGE, WHETHER BASED IN CONTRACT, TORT, OR OTHERWISE. Some states or counties might not allow the exclusion or limitation of incidental or consequential damages. If you reside in such a state or county, the above limitation or exclusion may not be applicable.

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