

## **About Rita Galchus “Sprout Lady Rita”**

Rita Galchus, popularly known as "Sprout Lady Rita", is the owner of The Sprout House. She started sprouting in April 1986 after attending a free class about sprouting with her husband while they were dating.

That class started her love of sprouting. She purchased the business in October 2000 and has been Sprout Lady Rita ever since.

Rita holds bachelor's degrees in Business Management and Holistic Nutrition.

She is currently working on her Master's in Creative Writing with a concentration in Fiction.

Through The Sprout House she sells tons of organic non-GMO sprouting seeds each year and instructs people on how to sprout.

In addition to her love of sprouting, she is an avid reader, and also enjoys walking, sewing, crafts, beach vacations, and spending time with her family and friends. She lives with her husband and son.

**Website:** [www.sprouthouse.com](http://www.sprouthouse.com)