

## RED CABBAGE

A nice purple-red seed with a slightly bitter taste. Many nutritional benefits, similar to broccoli, supporting the immune system.

Soaking ***	Germination ***	Shoot ***	Watering ***	Conservation ***
8 hours	4 days	6 days	2 times / day	8-10 days (fresh)



**Taste** Distinct red cabbage taste.

**Appearance** Small round seed, dark brown in color much like the Chinese cabbage but a bit bigger. Sprout has a very pretty madder rose color.

**Nutrient** Rich in calcium, sulfur, iron, magnesium, zinc, and A, B1, B2, B3, and C vitamins.

**Use** Very tasty and quite decorative on any meal. Lovely three coloured shoot: purple, white with 2 green leaflets.

