

Dill - microgreens

The young leaves with their unique taste combine an exceptional aroma and an exceptional nutritional value. Young shoots are a delicious and tasty food that deserves to be introduced into the daily diet.

Seeds soaking	Days to harvest	Yield (weight ratio)
no	12-15	not available



Seeds



2 days



15 days

Taste Their taste is reminiscent of fennel and anise.

Appearance Small fine, oval beige seed.

Nutrient Young fresh dill sprouts contain large amounts of vitamins C, B1, B2, PP, carotene, as well as kalium, phosphorus and iron. They also contain aromatic essential oils that will add flavor to dishes and stimulate your appetite.

Use The dill sprouts give a good taste and bring delicate aromas to fish dishes, fresh cheese and omelettes.

NOTE: Their germination is delicate. Seeds must remain moist without being wet.