



# *SPROUTS and MICROGREENS*

## *Growing Guide*





# Introduction

Each seed has all the elements to become a plant or tree, from the smallest blade of grass to the most majestic or immense plants. We can take advantage of this formidable vital density by consuming the germinating seeds: they are living food, i.e., in the process of transformation.

The comparison between dry seed and germinated seed is surprising: the rate of vitamins, minerals, trace elements and enzymes in germinated seeds is multiplied by 10, 100 and even 600. Certain nutrients, undetectable in a dry seed, are present in the germ, such as vitamin C in the wheat germ. By far the most significant is the increase in the level of iron, a mineral present in smaller quantities in plants. Germination makes the seeds easily digestible: proteins and carbohydrates are reduced to amino acids and simple sugars, which are easily digested.

A regular and even daily intake of a small quantity of germinated seeds can naturally make up for a number of micronutrient deficiencies in the event of an unbalanced diet. In addition, they are easy to digest as they have already been transformed by their own enzymes.

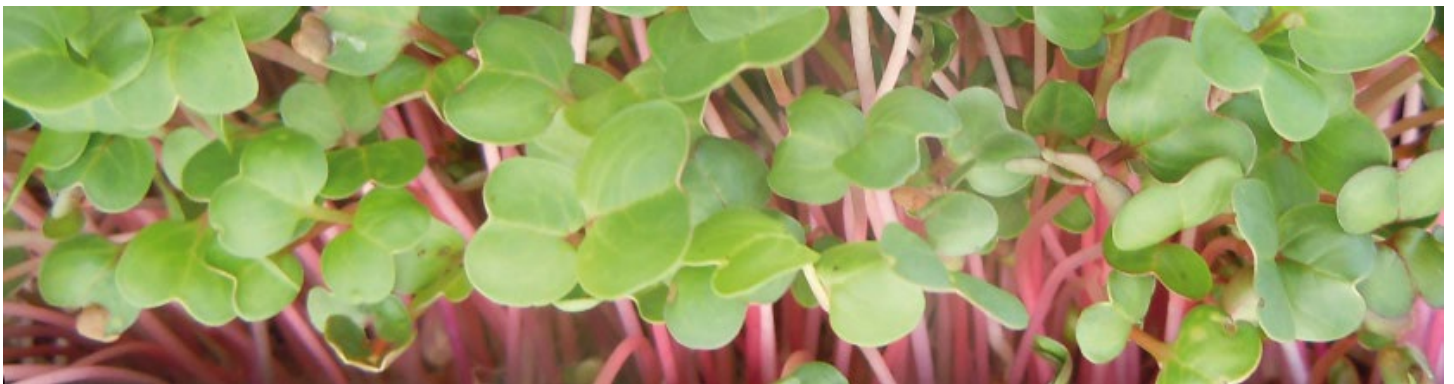
## Radish China Rose



Seeds



Day 4 - sprout



Day 7 - microgreen



## *Sprouts or Microgreens*

It is important, before you start, to distinguish the sprout from the microgreen.

Many people wonder what the difference is. There is a general tendency to believe that they are interchangeable, but it is not the case. There are clear variations between the two and the way they are grown. Once you understand the definition of each, it is easier to decide your growing adventure.

**SPROUTS** are seeds just beginning to grow and whose leaves are not fully shaped.

- 🌱 They can easily be grown in jars or similar containers and require care during the growing process.
- 🌱 Moisture is maintained by rinsing the seeds regularly, as the sprouts need only water rather than soil and must be rinsed at least twice a day.
- 🌱 Sprouts do not require a source of light or ventilation to grow.



**MICROGREENS** require a slightly longer growing time and usually have at least two (2) well-formed leaves.

- 🌱 They are grown in soil or on a hydroponic growing pad.
- 🌱 They must be cut at the surface of the soil, in order that only the stems and leaves are used.
- 🌱 They require a light source, to help green the plant, and adequate ventilation.



Certain retailers sell already germinated seeds or microgreen trays (fresh organic section). This gives the opportunity to taste before embarking the adventure of cultivating. When selecting, prefer the packaging allowing you to see the germinated seeds making sure they have a fresh and healthy appearance.

To ensure freshness of these foods is to grow your own.

- 🌱 Your shoots are guaranteed without fertilizer or pesticide.
- 🌱 The germination does not require soil, no sub-culturing and no transplantation.
- 🌱 Germination is speedy and requires little care and only a few minutes daily for rinsing.
- 🌱 You will always have fresh sprouts handy.

## *Germination*

Germination is the most efficient way to use a complete food. The nutritive value of a seed lowers when reduced into flower, mainly because of oxygenation. For other types of seeds, nutritive elements are diluted into a growing plant. Heat is also a factor that will lessen certain properties. Germinating a seed will increase vitamins and enzyme levels as well as maintain the fibres and minerals. It is a live food provided by nature.

## Step by Step

Within 36 to 48 hours, you will have germinated seeds ready to use.

- 🌱 Soak the seeds for 6 to 12 hours.
- 🌱 Drain, rinse, and drain again.
- 🌱 Place the seeds in a multi-level seed sprouter or in a «Masson» type glass jar covered with a cheesecloth and tilt up-side down.
- 🌱 Rinse 2 to 3 times daily.
- 🌱 Once the sprout is apparent, rinse and use or keep in the refrigerator for 2 to 5 days.

Since the sprout will continue to grow in the refrigerator, it is best to use quickly, otherwise it will get rubbery.

## The sprouting/germination process

It is the phase when the seed becomes a young plant. The plant tissues contain 90% water and the dry seed between 5 and 18%. Rehydration or imbibition is the first phase of germination. Within 24 hours, the inhibiting substances of the growth enzymes are disabled allowing for the germ to bloom. These enzymes are harmful for health, which is why the first rinsing is so crucial.

### Pre-germination (also called *imbibition* or immersion/soaking).

Next, the germination phase, an intense moment of transformation for the seed. Some experts say that the quantity of vitamins can be multiplied by 3 to 12 times, depending on the type of seed. The growth enzymes are activated.

#### Transformations

Starch (carbohydrates)	→ simple sugars (ex: maltose)
Proteins	→ amino acids
Lipids	→ fatty acids
Vitamins	→ multiplication of vitamins

## Germination conditions

To germinate, the seed requires oxygen, water and heat.

### Temperature

A humid and lukewarm microclimate will start the germination process. The ideal temperature is between 19 °C and 24 °C for all seeds. In warm weather you must refresh them and in cold weather, warm them up.

### Light

Seeds do not require light in the first phase of germination. On the other hand, the light is indispensable for the growth phase of the young shoot if we wish to obtain microgreens. As a first step, we germinate in a dark area by covering the sprouter with a cloth then, let the light, green the young shoots.

Important note - Always avoid sun

## **Water**

Soaking requires non-chlorinated water. It is not so important for rinsing. Use the seed's rinse water to water house plants (rich in enzymes).

**IMPORTANT** - Avoid tap water or make sure to let it stand for 48 hours making sure the chlorine is well evaporated.



**RED CLOVER**

## Seed and Material

Whether you choose to make sprouts or microgreens, there are important steps to follow.

- 🌱 Rinsing
- 🌱 Soaking
- 🌱 Germination
- 🌱 Harvesting

### Rinsing

Carefully rinse all the seeds. Sort and remove those that are broken or damaged (they will not germinate and might rot). Clean the glass jars. Ensure to have plenty of room-temperature water for rinsing and soaking.

TIP - Keep water from the rinses and use for your house plants.

### Soaking - An Important Process

Soaking awakes seeds from its resting period (dormancy). The seed will gorge with water and begin the pre-germination phase.

The soaking period varies according to the hardness of the seed. The water will be absorbed making the seed soft. Soak the seeds for 6 to 12 hours in a glass jar/container covered with a net that will later be used as a filter. Add room temperature water. During the morning, drain the seeds and rinse well.

TIP - For soaking, prefer room temperature non-chlorinated and low mineralized water.

### Germination

Pre-germination is followed by the germination phase (seed transformation). Rinse and let germinate in a glass jar, in a dark area. This step lasts approximately 2 days; during this period the jar should be placed heads down to allow drainage. Fill with water and drain afterwards. It is important to rinse morning and night. You must place the jar upside down each time. You can also place the jar in a drainer after each rinse.

### Greening

During the last days of growth, two (2) leaves will start to shape and with the daylight will store chlorophyll. This latter must not be direct – no use for neon light or to put the jars in direct sunshine.



## Harvest

You can harvest when the seedling reaches about 15 cm for peas and sunflowers and 10 cm for others or when 2 leaves are shaped before the apparition of a centre leaf. Cut the seedlings at the base. Put them gently in a sealed container (preferably glass) or in a plastic bag (a plastic bag for vegetables) and refrigerate for 1 week. Before eating wash in a large bowl filled with water, gently shake to remove any shells, remove sprouts and strain.





# Different Germination Methods

## Glass Container

- 🌱 A large wide mouth jar.
- 🌱 A piece of mesh/net or muslin cloth (do not use the window net, it contains heavy metals to protect from UV rays).
- 🌱 Indirect light space.
- 🌱 Lukewarm water, air, and seeds.

## Method

1. Select your seeds: cereals or leguminous.
2. Sort out and remove any damaged seeds.
3. Cover bottom of the jar with 2 or 3 layers of seeds.
4. Secure the mesh/net at the mouth of the jar with an elastic.
5. Thoroughly wash in lukewarm water and strain.
6. Let soak in three times the volume of lukewarm water, for an entire night.
7. Remove the soaking water and rinse well with lukewarm water, rinse again and let completely rinse out.
8. Place your jar at a 45° angle to help drain.
9. Cover the jar with a cloth keeping the top open to provide for air exchange.
10. Rinse twice daily (morning and evening).
11. As soon as the 2 little leaves appear, remove the cloth, and place the container in indirect lighting to allow for the development of chlorophyll.
12. During rinsing, carefully remove floating barks or those set in the bottom to better clean your alfalfa that will become crisp and will keep better.
13. Sprouts are ready between 3 to 6 days after.

### Alfalfa germination (in a glass container)



Soaking of seeds



Day 1



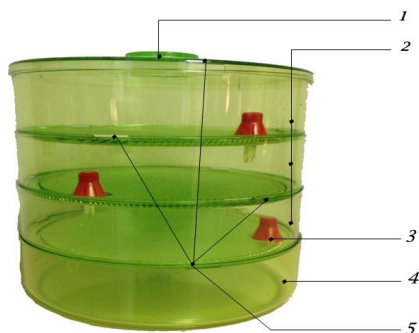
Day 3  
complete darkness



Day 5  
(under light on the 4th day)

## Germination in a seed sprouter

Biosta is a germination system that allows you to easily grow various sprout varieties at home. It is designed for small seeds such as radish, alfalfa, wheat, and clover.



1. Cover (for a good humid climate).
2. Three (3) levels of grooved trays (20 cm diam.) allowing you to easily grow three different types of seeds at the same time or grow one (1) seed type for a continuous harvest \*.
3. Water drain tubes, ensuring good irrigation of the trays and humidity regulation.
4. Ventilation slots for gas evacuation.
5. Water recovery tray.

\* Sow a new tray every 2 days moving the tray with the mature sprouts at the top.

### Instructions

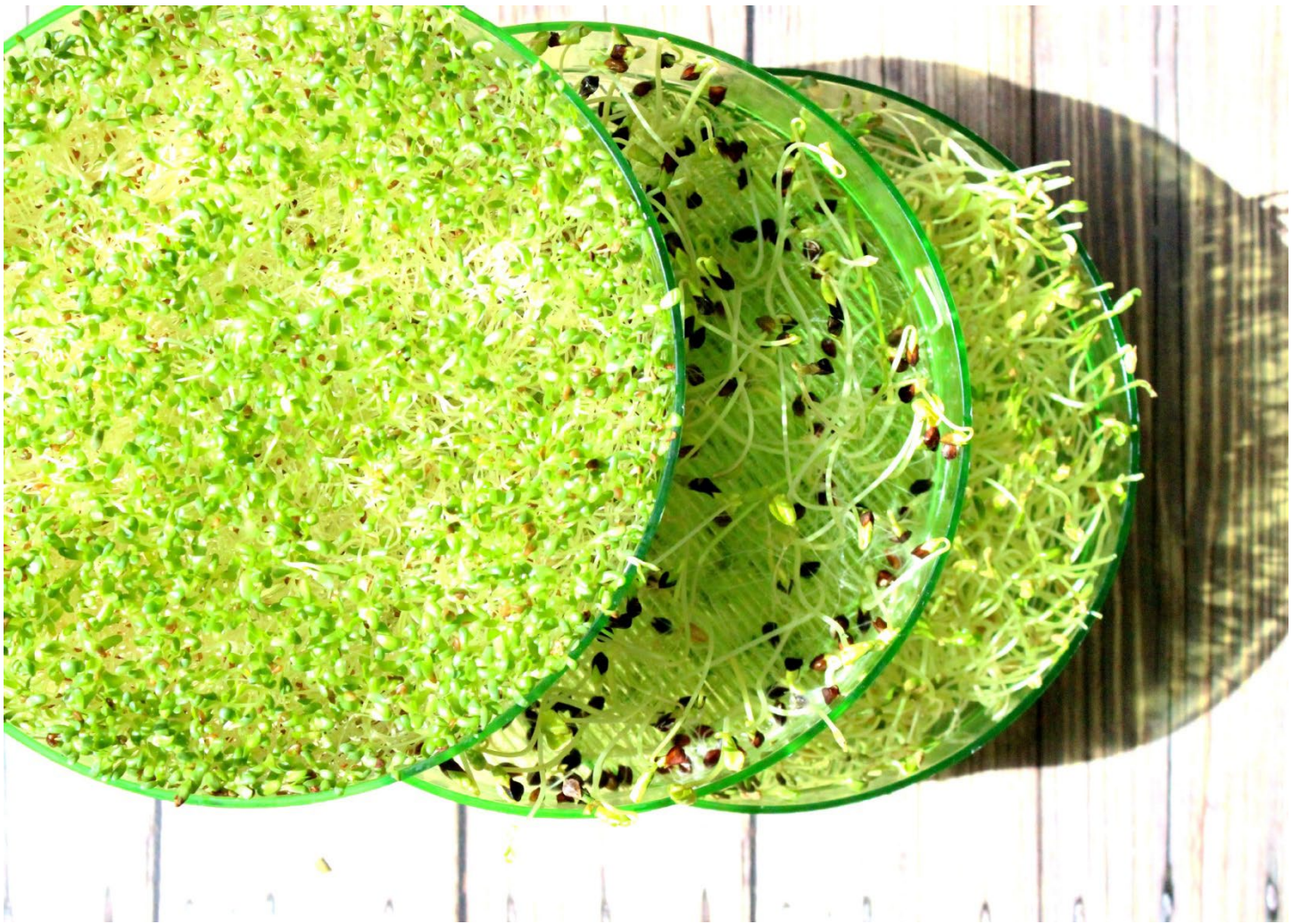
1. Ensure that the sprouter is on a flat surface.
2. Make sure that the siphons are in place on the water drain tubes (do not press or sink too much).
3. Carefully rinse the germination trays under cold water. Do not wipe dry.
4. Our seeds are untreated products. You must rinse them under tap water in a strainer before soaking.
5. As recommended, evenly distribute the soaked seeds with a teaspoon in the germinating trays (3 tbsp. of small seeds).
6. Make sure the siphons are staggered when superimposing the trays.
7. To obtain the required pressure for your apparel to correctly function, make sure to fill the top tray with water until the siphon is completely covered (at least 1/2 l).
8. The sprouter will automatically and successively irrigate the other germinating trays. The excess water will channel through the water recovery tray.
9. Empty the water recovery tray as soon as the water went through. \*\* Use this water to water your indoor plants.
10. Place the closed sprouter in a bright area. Do not place directly in front of a window nor under sun rays and not near a heating source during winter.

The sprouter is made of a resistant plastic with 3 levels of germination trays.  
Weight: 900 gr (2 lb). Diameter: 20 cm (8 in). Height: 16.25 cm (6.5 in).

### **Maintenance of your sprouter and equipment**

All parts in contact with the seeds (container, strainer, spoon, trays, siphon, etc.) must be carefully cleaned, using white vinegar with a soft brush then rinse out under clear water.

**ATTENTION:** Do not put in the dishwasher, soap residues can obstruct the germination of your seeds.





## *Microgreens*

Next step is where the small shoot becomes a young sprout.

Easy to grow on a breeding ground or hydroponically. The most popular are sunflower, buckwheat, and wheat grass. Keep in mind that you can germinate almost everything: whole green peas, rye, garlic, lentils, etc.

### **Benefits**

- 🌱 Freshness: harvested and eaten immediately.
- 🌱 No artificial fertilizers or pesticide residues.
- 🌱 Very easy and fun to grow.
- 🌱 An important source of vitamins, minerals, fibres and chlorophyll.
- 🌱 Sprouts can be cultivated on breeding ground or hydroponically.





## *Breeding Ground*

- 🌱 Select unpeeled sunflower seeds (black), whole-grain buckwheat with black bark or any other seed recommended for microgreen culture.
- 🌱 Soak the desired quantity of seeds during an entire night in a glass container.
- 🌱 Drain and let the seeds germinate, in the dark, for 12 hours or until the small germ appears.
- 🌱 Use a propagating tray or any type of tray or seedling containers.
- 🌱 Spread about 1 inch of ground and saturate with water.
- 🌱 Sow seeds tightly and without overlapping.
- 🌱 Cover with another tray to maintain moisture. After 2 or 3 days, when shoots have reached 3 cm to 5 cm (1" to 2") in height, they can continue to grow in the light.
- 🌱 Uncover the young shoots and place them in indirect light. Water as needed only if the soil seems very dry.
- 🌱 The sunflower is ready when the black bark has mostly fallen off and the first two leaves are very green (8 to 12 days). Very easy, isn't it?

### **Sunflower Microgreen on Soil**



Day 3



Day 6



Harvest

## Hydroponically

No need for soil, the shoots only need moisture because, at this stage, the shoot develops entirely from its seed.

Put a germination mat, absorbent cotton or felt in the bottom of a container, plate or seedling tray and place the seeds on top.

- 🌱 Place rinsed seeds tightly and without overlap in a large container such as a seedling container. Use any perforated container that can be placed in another non-perforated container capable of holding water.
- 🌱 Cover the seeds with warm water overnight.
- 🌱 In the morning, drain the water, rinse, and replace the perforated container in the other one.
- 🌱 Repeat twice a day, morning, and evening.
- 🌱 The sprout will come up quickly. Once the roots have grown through the perforations in your container, add water to the container below and watch your sprouts grow before your eyes.
- 🌱 Add water to the bottom container as needed.

### Green lentils Hydroponic Microgreens



Day 2



Day 4



Day 6



Day 10





# Growing Guide Sprouts

Seeds that are used only for sprouts:



Alfalfa  
Bean Mung  
Energy mix  
Vitality Mix  
Soja

## ALFALFA - Sprouts

Alfalfa is one of the easiest seeds to germinate and one of the most nutritionally complete. It is commonly used for mixing with mucilage seeds such as watercress, basil, mustard, or arugula. Its regular and tightly packed germ will become the carrier and it absorbs the mucilage.

Seed Soaking (hours)	Daily Rinsing	Production (days)	Yield (ratio/weight)
6-12	2-3	5-6	5 :1



**Seed**



**3 days**



**4 days**



**5 days**



**6 days**



**8 days**

<b>Taste</b>	Delicate, refreshing flavor with a crunchy consistency. Alfalfa is generally a crowd pleaser.
<b>Appearance</b>	Small brown-yellow seed. White sprouts with yellow heads make a nice decorative effect.
<b>Nutrients</b>	Particularly rich in good quality protein (20%), minerals and trace elements (iron, calcium, phosphorus, sulfur, magnesium), vitamins (A, B, C, D, E, F, K), chlorophyll and fiber.
<b>Tip</b>	After harvesting, bathe the seeds several times and dry them well. Generally used with mucilaginous seeds such as basil and rocket. Good companion to seeds with pronounced flavour like fennel or radish.
<b>Formulations</b>	50 g - 65-9505-01B / 125 g - 65-9505-12B / 250 g - 65-9505-25B



## Container Method

1. Cover the bottom of a container with 3 to 4 layers of seed.
2. Attach a mosquito net over the opening and secure with a rubber band.
3. Wash the seeds thoroughly in warm water and drain well.
4. Soak in warm water in three times the volume, overnight (about 8 hours).
5. Discard the soaking water, rinse well with warm water and drain PERFECTLY.
6. Tilt your jar at a 45° angle, to help drainage.
7. Cover the jar with a cloth for air circulation.
8. Rinse twice daily (morning and evening).
9. As soon as two small leaves appear, uncover the jar and place in indirect light allowing for the chlorophyll to develop.

Note: when rinsing, remove any bark that floats or remains on the bottom and clean your alfalfa, it will become crisp and keep better.



Seed Soaking



Day 1



Day 3 - obscurity

Day 5 (under light on day 4)

## MUNG BEAN - Sprouts

The mung bean is the most popular on the planet.

Seed Soaking (hours)	Daily Rinsing	Production (Days)	Yield (ratio/weight)
8-12	2-3	4-6	5-1



**Seeds**



**Day 2**



**Day 3**



**Day 4**



**Sprout without envelopes**



**Day 6 (darkness)**



**Day 6 with light**

**Taste** Discreet taste close to the pea that becomes more bitter when the first leaves appear.

**Appearance** Large, round, bright green seed.

**Nutrients** Rich in vegetable protein (24%) and lipids (including lecithin), it contains vitamins (A, B1, B2, B3, B6, C, E, H, K) and minerals (iron, potassium, calcium, magnesium, phosphorus).

**Use** Can be used when the sprout is 1 cm to 5 cm; however, it becomes more digestible once it is completely germinated. The sprouts can be steamed for one to several minutes or sautéed in a wok or pan. It goes particularly well in Asian dishes.

**Tip** Place the sprouter in a dark place and take care not to overfill. Bathe the seeds after harvest and let them dry.

**Formulations** 50 g 65-9518-01B / 125 g 65-9518-12B / 250 g 65-9518-25B

## ENERGY MIX - Sprouts

Composed of 45% alfalfa, 10% arugula, 10% fennel, 10% flax, 10% sesame, 10% fenugreek and 5% white mustard.

Seed Soaking (hours)	Daily Rinsing	Production (days)	Yield (ratio/weight)
6-10	2	5-6	n/a



Seed



Day 6

**Taste** Particularly aromatic and spicy due to the presence of fennel, fenugreek and mustard.

**Appearance** Seed of various shapes.

**Nutrients** This is a blend of sprouts that will help you keep your energy up throughout the day. Contains a significant amount of calcium, potassium, sodium, and other mineral components, as well as essential amino acids and vitamins A, B1, B2, B3, B6, B8 and C.

**Use** A mixture of various sprouts that can decorate your salads.

**Formulations** 50 g 65-9512-01N / 125 g 65-9512-12N / 65-9512-25N



## VITALITY MIX - Sprouts

A mixture of sprouts that will help keep your vitality throughout the day. It is composed of alfalfa 40%, red clover 30%, Daikon radish 10%, Sango radish 10% and broccoli (Raab) 10%.

Seed Soaking (hours)	Daily Rinsing	Production (days)	Yield (ratio/weight)
6-10	2	5-6	n/a



Seed



Day 6

**Taste** Slightly spicy due to the presence of radishes.

**Appearance** Seeds of various sizes.

**Nutrients** This is a blend of sprouts that will help you maintain your vitality throughout the day. Contains a significant amount of calcium, potassium, sodium and other mineral components, as well as essential amino acids and vitamins A, B1, B2, B3, B6, B8 and C.

**Use** A mixture of various sprouts which will decorate your salads.

**Formulations** 50 g 65-9513-01N / 125 g 65-9513-12N / 65-9513-25N



## SOYBEAN - Sprouts

Soy is a plant that belongs to the legume family. Soybeans are naturally rich in protein and fat. Soybeans contain components that can be toxic to humans; therefore, it should never be eaten raw.

Seed Soaking (hours)	Daily Rinsing	Production (days)	Yield (ratio/weight)
2-12	2-3	2-6	2: 1



Seed



Day 2



Day 6

**Taste** Crunchy with a rather neutral taste.

**Appearance** Round, beige-coloured seeds.

**Nutrients** High protein content, excellent nutritional value and versatility make soybeans a food of choice in a healthy diet.

**Use** Used to produce oil, unfermented foods (tofu and soy milk) and fermented foods such as soy sauce and tempeh. If you choose to sprout the soybeans, they should be steamed or blanched at 40° before eating. Cook them and use them in soups, legume salads, stews and chili.

**Formulations** 125 g 65-9510-25N - 1 kilo 65-9510-0KN

**Note:** What is called "soybean shoot" is the seed shoot of the mung bean (*Vigna radiata*). The nickname "green soybean" for *Vigna radiata* can be confusing.



# Growing Guide

## Sprouts and Microgreens

Seeds that are used for sprouts and microgreens:



Broccoli Raab  
Cabbage - Red  
Clover - Red  
Chickpea  
Kohlrabi - Red  
Lentil - Green  
Lentil - Red  
Pea  
Pea Maple  
Radish China Rose  
Radish Daikon  
Radish Super Hong Vit  
Wheat Hard Red Winter

## BROCCOLI (RAAB) - Sprouts and Microgreens

Seed Soaking (Hours)	Daily Rinsing	Production Days		Yield (ratio/weight)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
8-12	2-3	3-6	5-14	5: 1	3: 1



**Seeds**



**Sprouts / Day 7**



**Microgreens / Day 9**

**Taste** Spicy taste, tastier than the adult plant.

**Appearance** Small spherical seed in warm shades of reddish brown to dark brown.

**Nutrients** Excellent source of vitamins A, C, E with antioxidant properties and of the B group, particularly B2, B6 and vitamin K. Notable proportions of phosphorus, calcium, magnesium, iron, zinc, but also of potassium, manganese, copper. Broccoli germ is particularly rich in sulforaphane chlorophyll.

**Use** Ideal accompaniment, broccoli agrees with all.

**Formulations** 50 g 65-9503-01B / 125 g 65-9503-12B / 250 g 65-9503-25





## CABBAGE (RED) - Sprouts and Microgreens

A beautiful purple-red seed with a slightly bitter taste. Provides nutritional benefits comparable to broccoli and can help maintain a good immune system.

Seed Soaking (hours)	Daily Rinsing	Production Days		Yield (ratio/weight)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
6-12	2-3	5-7	7-14	5: 1	3: 1



Seeds



Sprouts / Day 4



Microgreens / Day 10

**Taste** Strong taste of red cabbage.

**Appearance** Small, round, dark brown seeds like Chinese cabbage, but slightly larger. Sprout is of a beautiful fuchsia colour with a white stem and two green leaflets.

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

**Use** Pretty white and purple tricoloured sprouts with two green leaflets. Very decorative and delicious for your meals.

**Formulations** 50 g 65-9517-01N / 125 g 65-9517-12N / 250 g 65-9517-25N





## CHICKPEA - Sprouts and Microgreens

The chickpea is eaten with a short sprout. Its consistency is softened when germinated. For a delicate flavour, remove the husks before eating.

Seed Soaking (hours)	Daily Rinsing	Production (days)		Yield (ratio/weight)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
8-12	2-3	2-4	10-14	2: 1	1: 1



Seed



Sprout / Day 2



Sprout / Day 5

- Taste** Pleasant and sweet taste, crunchy texture when used raw and melting after slightly cooked.
- Appearance** Fairly large and beige coloured seed.
- Nutrients** Excellent source of manganese, copper, phosphorus, iron, zinc, magnesium, potassium, selenium and molybdenum (cofactor of several enzymes). Rich in vitamins: B1, B2, B6, B9 and E. The chickpea also contains proteins, carbohydrates and lipids.
- Use** The sprouted chickpea is the basic ingredient in the preparation of purees such as the popular hummus. Quite popular also to complete any type of salads.
- Tip** Chickpeas double in size during soaking foresee a large enough container. After soaking, bathe the seeds and group them in the sprouter for 1 to 2 days. The chickpea is ready to use as soon as the small white germ appears. Wash well and drain.

**Formulations** 50 g 65-9525-01B / 125 g 65-9525-12B / 250 g 65-9525-25B

## CLOVER (RED) - Sprouts and Microgreens

Native to Europe and Asia, the germinated clover seed is part of the legume family. Very widespread, clover is one of the richest seeds in vitamins and minerals. Its appearance is very similar to alfalfa, but with a more pronounced green colour and a similar taste.

Seed Soaking (hours)	Daily Rinsing	Production (days)		Yield (ratio/weight)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
8-12	2-3	5-6	5-14	7: 1	n/a



**Seed**



**Sprout Day 6 in the dark**



**Sprout Day 6 Under light**



**Microgreen Day 12**

**Taste** A fresh taste, like alfalfa.

**Appearance** Fine small seed in warm mustard-brown or brown tones.

**Nutrients** Contains the eight (8) essential amino acids and vitamins A and C. Rich in minerals. Calcium, iron, cobalt, iodine, magnesium, manganese, potassium, phosphorus, sodium and zinc.

**Tip** Soak and rinse then place in small mounds (of 2 tablespoons) in the centre of the tray; at first, water them at the periphery of the tray. When the small sprout points out, delicately distribute the seeds in the sprouter. After harvesting, wash the sprouts to eliminate the envelopes that comes off and carefully dry them. Cultivates wonderfully in gridded dish (quantity: 1 spoonful spread out in a layer, after soaking).

**Formulations** 50 g 65-9504-01N / 125 g 65-9504-12N / 250 g 65-9504-25N

## Coriander - Microgreens

This aromatic herb originates from the Middle East, it has spread widely in the world, especially in Asia. It is used for its medicinal properties but also for culinary purposes.

Seed Soaking (Hours)	Production (Days)	Yield (ratio/weight)
no	12-15	4 - 1



Seeds



Day 12



Day 15

**Taste** Slightly sweet, pleasant and refreshing.

**Appearance** Round and hollow with a light brown colour.

**Nutrients** Vitamins A, B1, B2, B3 or PP, C, K mineral salts (calcium, iron, phosphorus, potassium, sulfur), trace elements (copper). The Canadian Nutrient File notes the antioxidant properties of fresh coriander leaves, which contain carotenoids, including beta carotene, which is absent from the seed itself.

**Use** Coriander shoots are used to garnish dishes, pasta, salads and desserts.

**Formulations** 50 g 65-9522-01B / 125 g 65-9522-12B / 250 g 65-9522-25B



## FENNEL - Sprouts and Microgreens

Fennel is a very aromatic plant with a delicate taste. It is used in the preparation of many dishes. It is diuretic and helps in the elimination of excess liquids and fat from the body. Excellent stimulants of salivary activity and gastric secretions.

Seed Soaking (hours)	Daily Rinsing	Production (Days)		Yield (ratio/weight)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
8-12	2	6-8	12-14	5: 1	2: 1



**Seeds**



**Sprouts / Day 6**



**Microgreens / Day 14**

**Taste** A slight aniseed flavour. Pleasant, fragrant, can be mixed with other seeds.

**Appearance** Nice light brown streaked seeds.

**Nutrients** Vitamins A, B1, B2, B3 or PP, C. Rich in iron, phosphorus, potassium, copper, calcium and manganese.

**Use** Sprouted fennel seed is very versatile and has a refreshing taste that can be used with sweet and savoury dishes.

## KALE - Sprouts and Microgreens

Light green seed with a slightly bitter taste. Provides nutritional benefits such as broccoli and helps maintain a good immune system.

Seed Soaking (hours)	Daily Rinsing	Days of Production		Yield (ratio/weight)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
6-12	2-3	3-6	5-14	5: 1	3: 1



Seeds



Sprouts / Day 4



Microgreens / Day 10

**Taste** Strong kale taste.

**Appearance** Small, round, dark brown seeds like Chinese cabbage, but slightly larger.

**Nutrients** Rich in K vitamins, kale is also a source of folic acid, iron, manganese, and vitamins B1, B6 and C. It is also considered an appetizer, a cleanser, and an energizer.

**Use** The shoots of kale (or kale) are easy to accompany any type of dish.

**Formulations** 50 g 65-9533-01B / 125 g 65-9533-12B / 250 g 65-9533-25B

## *Kohlrabi Red - Sprouts and Microgreens*

Red kohlrabi sprouts can help maintain a good immune system in addition to having digestive properties and a tonic effect on the body due to their high vitamin and mineral content.

Seed Soaking (hours)	Daily Rinsing	Production (Days)		Yield (ratio/weight)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
6-12	2-3	5-7	7-14	5: 1	3: 1



Seeds



Sprouts / Day 6



Microgreens / Day 14

**Taste** Strong cabbage taste.

**Appearance** Small, round, dark brown seeds, like red cabbage.

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

**Use** Eat as raw shoots of 2 to 3 cm, in raw vegetables or soups. The small, coloured shoots will be very decorative in the plate.

**Formulations** 50 g 65-9520-01N / 125 g 65-9520-12N / 250 g 65-9520-25N



## LENTIL (green and red) - Sprouts and Microgreens

Lentil has a somewhat sweet taste and is an important source of protein. It contains 300% more soluble fibre than dry lentils and essential amino acids.

Seed Soaking (hours)	Daily Rinsing	Production (days)		Yield (ratio/weight)	
	Sprout	Sprout	Microgreens	Sprout	Microgreen
8-12	2-3	2-3	6-12	2: 1	n/a



**Seed**



**Sprout / Day 3**



**Sprout / Day 6**



**Sprout / Day 8**



**Microgreen / Day 6**



**Microgreen / Day 10**

**Taste** Taste, more or less pronounced depending on the species, slightly sweet with a hazelnut flavour, reminds of white beans. Coral coloured lentils generally have a more delicate flavour.

**Appearance** Round or slightly flattened, beige, dark green (Le Puy), red orange (coral).

**Nutrients** Important source of protein, iron and calcium. It contains vitamins A, B1, B2, B3, B6 and C, as well as minerals and trace elements (phosphorus, manganese, zinc).

**Use** Can be used as soon as the sprout appears and until 2 cm or 3 cm, and at the stage of young shoot 10 cm -12 cm. Can be eaten raw or let softly steam for about 5 minutes.

**Formulations** Red lentil 50 g 65-6534-01B / 125 g 65-6534-12B / 250 g 65-9534-25B

Green lentil 50 g 65-6516-01N / 125 g 65-9516-12N / 250 g 65-9516-25N

### *LENTILS - Germination method - Sprouter*

- Lentils may contain small stones, so it is important to rinse them carefully. Sort them out and throw away the broken ones, as they will not germinate.
- Place the lentils in a glass jar. Soak in three (3) times their volume of water for about twelve (12) hours. Cover the jar with a piece of cheesecloth to allow oxygenation and facilitate rinsing.
- After soaking, discard the water, rinse and place the seeds in a tray of the sprouter. Put water in the tray and let drain.
- Cover with a cloth and leave at room temperature. The darkness favors the growth of the roots. Rinse the lentils in the morning and evening under warm water to prevent them from drying out. Repeat this operation for 6 to 8 days.
- Germination is complete when the sprout appears and bears a small leaf. Sprouted lentils can be kept for seven (7) days in the refrigerator, in an airtight container.

**Note: Soaking water is beneficial to the plants. Do not hesitate to recover it to water your plants.**

### *LENTILS - Germination method - Hydroponically*

- Follow points 1 and 2 above.
- Put a germination mat, absorbent cotton, absorbent cotton or wet felt in the bottom of a pot, plate or seedling tray and place the seeds in very close rows.
- Cover with a transparent dome or a plate.
- When the seedlings start to grow, remove the dome, and place them in full light but away from sunlight.
- Moisten them regularly by spraying with room temperature water.

## PEA - MAPLE (spotted) - Sprouts and Microgreens

Seed Soaking (hours)	Daily Rinsing	Production (days)		Yield (ratio/weight)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
8-12	2 - 3	3-6	5-14	5: 1	1: 1



**Seed**



**Sprout / Day 3**



**Microgreens / Day 10**

**Taste** Semi-sweet / semi-bitter.

**Appearance** Large beige seed.

**Nutrients** They are rich in vitamins, calcium, iron, phosphorus and amino acids.

**Use** If you choose to sprout the pea, it should be steamed or blanched at 40° before eating. Often used as a young shoot (approx. 8 cm), of a beautiful soft green with a white stem.

**Tip** The shoots are grown by spreading the peas, after soaking, on a plate or on a flat surface lined with a cotton or cloth that will be moistened by regular misting for a few days. The peas are cultivated in a sprouter, provided they are limited to only one tray placed over the water collector level.

**Formulations** 50 g 65-9535-01N / 125 g 65-9535-12N / 250 g 65-9535-25N



## PEA - Sprouts and Microgreens

Seed Soaking (hours)	Daily Rinsing	Production (days)		Yield (ratio/weight)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
8-12	2 - 3	2-4	10-14	2: 1	1: 1



**Seed**



**Sprout / Day 3**



**Microgreen / Day 10**

**Taste** Sweet and fresh pea taste with a crunchy texture.

**Appearance** Large green seed.

**Nutrients** Rich in protein, carbohydrates, lipids and fibre, peas also contain many minerals (potassium, phosphorus, magnesium, calcium and iron) and trace elements (zinc and copper). The vitamin content of peas is high overall: vitamins of the B group (B1, B2, B3, B5, B6, B8, B9), C and E.

**Use** Sprouted peas should be steamed or blanched at 40° before eating. Often used as a beautiful soft young green shoot (approx. 8 cm) with a white stem.

**Tip** The shoots are grown by spreading the peas, after soaking on a plate or on a flat surface, lined with cotton or a cloth, which will then be moistened by regular misting for a few days. The peas can be cultivated in a sprouter, providing they are limited to only one tray placed over the water collector level.

**Formulations** 50 g 65-9511-01N / 125 g 65-9511-12N / 250 g 65-9511-25N

## *RADISH (CHINA ROSE) Sprouts and Microgreens*

Seed Soaking (hours)	Daily Rinsing	Production (days)		Yield (ratio/weight)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
6-12	2-3	3-6	5-14	5: 1	n/a



**Seed**



**Sprout / Day 4**



**Sprout / Day 5**



**Microgreen / Day 12**

<b>Taste</b>	Strong, slightly spicy taste of radishes.
<b>Appearance</b>	The medium size seed of pink radishes has a nice light green colour. The shoot stem is pinkish purple.
<b>Nutrients</b>	Pink radish contains vitamins A, B1, B2, C and minerals: calcium, iron, zinc, potassium, magnesium, sodium, phosphorus.
<b>Tip</b>	The development of small white rootlets at the base of the sprout, resembling mould, indicates that it should be washed.
<b>Use</b>	It decorates harmoniously all types of dishes.
<b>Formulations</b>	50 g 65-9519-01B, 125 g 65-9519-12B, 250 g 65-9519-25B

**Note:** The pink radish of China ferments easily and dehydrates, it is good to rinse it frequently (3 to 4 times per day during summer) and humidified.

## *RADISH (DAIKON) - Sprouts and Microgreens*

Seed Soaking (hours)	Daily Rinsing	Production (days)		Yield (ratio/weight)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
6-12	2-3	3-6	5-14	5: 1	n/a



**Seed**



**Sprout / Day 5**



**Microgreen / Day 8**

**Taste** Strong radish flavour.

**Appearance** Daikon radish is a delicate medium size seed with warm reddish-brown tones.

**Nutrients** Daikon radish contains vitamins A, B1, B2, C and minerals: calcium, iron, zinc, potassium, magnesium, sodium, phosphorus.

**Use** Great companion in cooked dishes or salads.

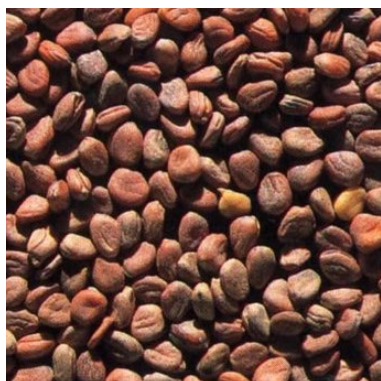
**Formulations** 50 g 65-9509-01B, 125 g 65-9509-12B, 250 g 65-9509-25B

**Tip:** The development of small white rootlets at the base of the sprout, resembling mould, indicates that it should be washed.



## *RADISH (DAIKON RED) (Super Hong Vit) - Sprouts and Microgreens*

Seed Soaking (hours)	Daily Rinsing	Production (days)		Yield (ratio/weight)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
6-12	2-3	2-3	5-14	7: 1	n/a



Seed



Sprout / Day 3



Microgreen / Day 8

**Taste** Strong radish flavour.

**Appearance** The seed is medium in size with different tones of brown.

**Nutrients** It contains vitamins A, B1, B2, C and minerals: calcium, iron, zinc, potassium, magnesium, sodium, phosphorus.

**Use** Use as accompaniment to cook dishes and salads of all kinds.

**Formulations** 50 g 65-2715-01N, 125 g 65-2715-12N, 250 g 65-2715-25N

**NOTE:** The development of small white rootlets at the base of the sprout resembling mould, indicates that it should be washed.  
One can easily replace the common pepper by germinated seeds of red radish daikon.

## *RADISH (RAMBO) - Sprouts and Microgreens*

Seed Soaking (hours)	Daily Rinsing	Production (days)		Yield (ratio/weight)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
6-12	2-3	3-6	5-14	5-1	8 :1



**Seed**



**Sprout / Day 5**



**Microgreen / Day 8**

<b>Taste</b>	Spicy flavour.
<b>Appearance</b>	Rambo radish is a medium size seed with warm reddish-brown tones. Rambo radish sprouts have an attractive purple colour.
<b>Nutrients</b>	Rich in vitamins and minerals, they help strengthen muscles and develop good vision, they also have antiseptic properties and improve digestion and immunity.
<b>Use</b>	Good raw or cooked, their spicy taste is appreciated in salads, with fish and meats.
<b>Formulations</b>	50 g 65-9529-01B, 125 g 65-9529-12B, 250 g 65-9529-25B

**Note:** The sprouted Rambo radish ferments easily and dehydrates, it should be rinsed frequently (3 to 4 times daily during the summer period) and humidified. The development of small white rootlets at the base of the sprout, resembling mould, indicates that it should be washed.

## WINTER HARD WHEAT - *Sprouts and Microgreens*

Wheat is eaten as soon as the small white dot appears and before the roots develop. Germination is better in mass, which is fortunate since larger quantities are generally used in bread making for example (sprouter can be filled to half the height).

Seed Soaking (hours)	Daily Rinsing	Production Days		Yield (ratio/weight)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
12	2-3	2-3	8-10	n/d	n/d



**Seeds**



**Sprouts / Day 2**



**Sprouts / Day 3**



**Microgreens / Day 8**

**Taste** Slightly sweet and mild.

**Appearance** Oval in shape and light yellow in colour.

**Nutrients** Sprouted wheat has a high nutritional value. Rich in vitamins: A, B2, B6, C and E, proteins and carbohydrates, several minerals, mainly: calcium, magnesium, iron, zinc, and enzymes.

**Use** Enjoy in salads or with cereals, in the form of bread or essential cakes. The wheat in shoots is usually consumed in juice.

**Formulations** 50 g 65-9527-01B / 125 g 65-9527-12B / 250 g 65-9527-25B

**Note:** Since there are more and more individual's intolerant to gluten contained in wheat grain, it can be allergenic and cause excessive mucus secretion. During germination, much of the starch in the wheat grain is converted into simple sugars which are usually better tolerated.





# Growing Guide Microgreens

Seeds that are used only for microgreens:

Arugala

Basil

Bett

Coriandre

Dill

Sunflower



## ARUGULA - Microgreens

The mucilaginous seed (in contact with water releases a gelatinous substance) cultivated for shoots: in cup of germination / for sprouts: in mixture with other seeds.

Seed Soaking	Production (days)	Yield (ratio/weight)
15 minutes	5-14	10: 1



**Seed**



**Sprout (arugula and  
alfalfa)  
/ Day 5**



**Microgreen / Day 10**



- Taste** Slightly more bitter than mature arugula, pungent and peppery.
- Appearance** Round-oval seed in a mixture of warm reddish-brown to dark brown tones.
- Nutrients** The shoot contains sulfur, potassium, calcium, magnesium, phosphorus and a significant proportion of vitamin A, B1, B2, B3 or PP and C.
- Use** Accompanies and raises the flavour of salads, raw vegetables and any cooked dishes.

**Formulations** 50 g - 65-9508-01B / 125 g - 65-9508-12B / 250 g - 65-9508-25B



## BASIL - Microgreens

Seed Soaking	Production (days)	Yield (ratio/weight)
15 minutes hydroponic	14-21	3: 1



Seeds



15 mi soaking



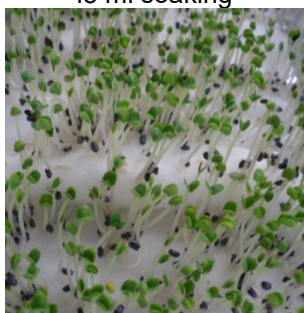
Rinse



Ready to sow



Day 2



Sprout grown hydroponically  
Day 6



Day 14



Sprout grown in ground  
Day 14

**Taste** A taste reminding of pesto.

**Aspect** Small, brown, fine, and oval seed.

**Nutriments** Rich in antioxidants. Vitamins A, B, C, minerals (calcium, iron, magnesium, potassium) and trace elements (manganese, zinc).

**Tip** Germination of basil seeds is specific. Soaking time is short and the quantities to be germinated are small, because the seed swells and should not overlap each other. One teaspoon (1 tsp) of basil is enough to cover the dish. Basil shoots can also be grown on potting soil; however, it is necessary to be very careful when harvesting - you will eat only the aerial parts.

**NOTE:** the growing time before harvesting can reach up to 14 days.

**Formulations** 50 g 65-9515-01B / 125 g 65-9516-12B / 250 g 65-9515-25B



## *BET - RED Microgreens*

Seed Soaking	Production (days)	Yield (ratio/weight)
no	12-15	3: 1



**Seeds**



**Day 11**



**Day 15**

**Taste** Sweet, like raw beets.

**Appearance** Sprouted red beet seeds are attractive with their purple colour and very decorative.

**Nutrients** High carbohydrate (fibre) content; low protein and fat content. It contains minerals and trace elements (potassium, sodium, calcium, magnesium, iron, copper, zinc, manganese, fluorine and selenium), vitamins of the B group, especially B9, C and E.

**Use** Ideal in salads and stir-fries.

**Tip** Rinse sprouts well before eating.

## Coriander - Microgreens

This aromatic herb originates from the Middle East, it has spread widely in the world, especially in Asia. It is used for its medicinal properties but also for culinary purposes.

Seed Soaking (Hours)	Production (Days)	Yield (ratio/weight)
no	12-15	4 - 1



Seeds



Day 12



Day 15

**Taste** Slightly sweet, pleasant and refreshing.

**Appearance** Round and hollow with a light brown colour.

**Nutrients** Vitamins A, B1, B2, B3 or PP, C, K mineral salts (calcium, iron, phosphorus, potassium, sulfur), trace elements (copper). The Canadian Nutrient File notes the antioxidant properties of fresh coriander leaves, which contain carotenoids, including beta carotene, which is absent from the seed itself.

**Use** Coriander shoots are used to garnish dishes, pasta, salads and desserts.

**Formulations** 50 g 65-9522-01B / 125 g 65-9522-12B / 250 g 65-9522-25B

## *Dill - Microgreens*

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

Seed Soaking	Production (days)	Yield (ratio/weight)
no	12-15	4: 1



**Seeds**



**Day 2**



**Day 15**

**Taste** Like fennel and aniseed.

**Aspect** Small beige seeds, fine and oval.

**Nutrients** Fresh dill seedlings contain high amounts of vitamins C, B1, B2, PP, carotene, as well as kalium, phosphorus and iron. They also contain essential aromatic oils that will add flavour to dishes and stimulate appetite.

**Use** Dill sprouts give a good taste and add delicate aromas to fish dishes, fresh cheese, and omelettes.

**NOTE:** Germination is delicate. Seeds should remain moist but not wet.

**Formulations** 50 g 65-9531-01B / 125 g 65-9531-12B / 250 g 65-9531-25B



## SUNFLOWER - Microgreens

Seed Soaking (hours)	Daily Rinsing	Production (days)		Yield (ratio/weight)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
8-12	2-3	5-14	8-12	5: 1	6: 1

**Taste** A sweet and pleasant taste with the texture of dried fruits (like an almond).

**Appearance** Elongated and pointy grain. Black or grey in colour.

**Nutrients** Rich in lipids (up to 56%), composed of 85% unsaturated fatty acids. Contains 18% protein, 13% carbohydrates, including a significant amount of fibre. High nutritional value, sunflower seeds are an excellent source of vitamins B, D, E, minerals, and trace elements: magnesium, copper, phosphorus, potassium, zinc, iron, calcium.

**Use** Sprouted = eaten raw, cooked, or dried.

**Formulations** 50 g 65-9606-01B / 125 g 65-9506-12B / 250 g 65-9506-25B

### *Sprouts*

Soaking for eight (8) hours will bring to pre-germination. Eliminate any broken seeds, as it can rot, wash before soaking and leave to germinate. Wash daily and remove damaged seeds and small skins that comes off. Harvest when the small sprout appears; wash again, drain and let dry for one to two hours on a clean cloth. Oven drying for 6 hours at 40° allows for extended storage in a closed container.



Seed



Day 2 (container)



Day 3 (sprouter)

## Microgreens

To obtain beautiful and delicious young shoots, soak hulled grains overnight; then spread them out in a single layer on a tray and let them grow for about ten days. Moisten regularly by misting. It is also possible to grow them on potting soil in trays outdoors or indoors, in a humid and ventilated atmosphere.



Day 3



Day 6



Day 10



To ensure a continuous harvest, repeat the steps at a 3-day interval.

## Q&A



### 1. Easy seeds for beginners?

Germinating seeds, sprouts and herbs is the easiest. Starting with easy-to-germinate seeds such as clover, alfalfa or radishes is ideal. To learn about sprouting seeds, you can choose from our Garden in the Kitchen collection, which includes a sprouter and alfalfa, red clover, green lentils, red cabbage, Daikon radish and our energy mix.

### 2. Which sprouter to choose?

Choose according to specificities and your needs. Beginners can choose the glass jar. To germinate several types of seeds at the same time, the BioSta sprouter is a very good choice.

### 3. What material is the BioSta sprouter is made of?

It is made of sturdy plastic and three (3) levels of germination chambers. Easy to maintain.

### 4. Is W. H. Perron's seeds GMO free?

Yes, all our seeds to be germinated are guaranteed without GMO. They are untreated and without additives.

### 5. What is the nutritional advantage of sprouted seeds?

With equal weight, sprouted seeds contain more nutrients than any other known natural food. Because they are very young plants, they have higher levels of enzymes, proteins, minerals, trace elements and natural vitamins. They contain valuable dietary fibres that are beneficial for the intestine and for the regulation of the digestive process.

### 6. Is it necessary to rinse the seeds?

Yes. Rinsing the seeds carefully is very important. Sort out and remove any broken or damaged ones, as they will not germinate and may rot.



## 7. Why must the seeds be soaked?

Soaking brings the seed out of its resting or dormant stage; this is the start of the germination process. The soaking period varies according to the firmness of the seed.

## 8. Why some seeds do not germinate?

Seeds do not germinate when:

- 🌱 They are too tightly packed. Make sure the seeds are well aerated.
- 🌱 If they are not properly irrigated or have received too much water.
- 🌱 The ambient temperature is too high or too low (ideal temperature = 18 °C – 22 °C; no direct contact with the sun).
- 🌱 The quality of the seeds is insufficient (prefer W. H. Perron seeds with high germination power).  
Respect the motto of a good germination: not too much, not too little!

## 9. What can be done when the seeds get mouldy?

Mould can occur under poor growing conditions:

- 🌱 accumulation of moisture,
- 🌱 too much or too little water,
- 🌱 bad temperature,
- 🌱 or inadequate light.

In case of mould, throw away the seeds and clean the germinator with vinegar and water, then let it dry in the open air.

**Be careful not to confuse the filaments of fine rootlets (radish, wheat...) with mould which gives off a characteristic odour.**

## 10. Why do some shoots decompose?

Most likely, it is too hot in the room, there is insufficient rinsing and/or draining, or the sprouter is not properly cleaned between sprouts.

What to do:

- 🌱 Control that the room temperature is not too hot.
- 🌱 Make sure the seeds are rinsed and drained well every day.
- 🌱 Clean the germinator thoroughly after each germination.

## 11. The seeds are surrounded by a gelatinous envelope. Is this normal?

Yes, some seeds such as arugula and basil are mucilaginous seeds; in contact with water, they are surrounded by a gel envelope called mucilage. For the germination of this type of seed, prefer a germinator to a glass jar. Rinse the seeds briefly once. Then irrigate them every 2 days by spraying them.

## **12. The water doesn't run off. Why is this?**

If the water is not flowing, make sure the red siphons are in place on the water drains (do not push in too deeply), then make sure that the siphons of the different trays are staggered (not superimposed).

Finally, when irrigating, fill the upper tray until the siphon is completely covered. This will create the necessary pressure for the water to flow by airflow. The trays will then be irrigated successively, and the excess water collected in the collection tray.

**If the flow stops, you can either add water or tilt the trays slightly so that the water covers the siphon.**

## **13. I lost the red sprouting traps - What to do?**

We sell replacement siphons. Contact us or check our website.

## **14. How do I eat sprouted seeds?**

Fresh and crunchy as if they came from your garden, sprouted seeds add colour to your everyday meals. You can use them to make crunchy salads, soups, omelettes, soufflés or to spice up noodles, rice, vegetables, fish or meats.

## **15. Sprouts have a bitter taste. Why do they taste bitter?**

The sprouts were left in the sprouter too long before being eaten. Harvest the sprouts a little earlier for a milder taste.

## **16. How and for how long should I store sprouted seeds?**

After harvesting, you can store sprouted seeds for up to 5 days in the refrigerator, in a slightly damp, airy jar.

# Sprouts and Microgreens — Production and Yield Chart

## CATÉGORIE : SPROUTS

Variety	Code	Formulation	Soak (hours)	Rinse/ drain per day (2)	Days to harvest	Yield (weight ratio)
Alfalfa	65-9502	ORG	8-12	2-3	5-6	7:1
Bean Mung	65-9518	ORG	8-12	2-3	2-5	2:1
Energy mix (3)	65-9512	UNT	6-10	2	5-6	n / d
Soya	65-9510	UNT	1-12	2-3	2-6	2:1
Vitality mix	65-9513	UNT	6-10	2	5-6	n / d

## CATEGORY : SPROUTS AND MICROGREENS

Variety	Code	Formulation	Soak (hours)	Rinse/ drain per day (2)	SPROUTS		MICROGREENS	
					Days to harvest	Yield (weight ratio)	Days to harvest	Yield (weight ratio)
Broccoli Raab	65-9503	ORG	8-12	2-3	3-6	5:1	5-14	3:1
Cabbage Red	65-9517	UNT	6-12	2-3	3-6	5:1	5-14	3:1
Chickpea	65-9525	ORG	8-12	2-3	2-4	2:1	10-14	1:1
Clover Red	65-9504	ORG	8-12	2-3	5-6	7:1	5-14	n/d
Kohlrabi Red	65-9520	UNT	6-12	2-3	5-7	5:1	7-14	3:1
Lentils Green	65-9516	ORG	8-12	2-3	2-3	2:1	n / d	n / d
Lentils Red	65-9534	ORG	8-12	2-3	2-3	2:1	n / d	n / d
Pea	65-9511	ORG	8-12	2	2-3	2:1	10-14	1:1
Pea Maple (speckled)	65-9535	UNT	8-12	2-3	3-6	5:1	5-14	1:1
Radish China Rose	65-9519	ORG	6-12	2-3	3-6	5:1	5-14	n/d
Radish Daikon	65-9509	ORG	6-12	2-3	3-6	5:1	5-14	n/d
Radish Rambo	65-9529	ORG	6-12	2-3	3-6	5:1	5-14	8:1
Radish Super Hong Vit	65-2715	UNT	6-12	2-3	3-6	7:1	5-14	12:1
Wheat Hard Red Winter	65-9527	ORG	12	2-3	2-3	n / d	8-10	n / d

## CATEGORY : MICROGREENS

Variety	Code	Formulation	Soak (hours)	Days to harvest	Yield (weight ratio)
Aragula (1)	65-9508	UNT	No	5-14	10:1
Basil (1)	65-9515	ORG	No	14-21	3:1
Coriander	69-9522	ORG	No	14-21	3:1
Dill	65-9531	ORG	No	12-15	4:1
Sunflower	65-9506	UNT	No	8-12	6:1

- (1) **Mucilaginous seeds:** will release a gelatinous substance when in contact with water. It is recommended to water the base and drain well.
- (2) **Rinse/Drain :** Rinse daily as often as recommended and drain well. Do not leave any standing water.
- (3) Contains mucilaginous seeds (flax and arugula).

**Important :** Germs and sprouts production times, as well as their yield, can vary according to different criteria such as room temperature, water, temperature, seed lots, harvest stage, the lighting used, the density of the seedbed, the substrate, etc.