

BROCCOLI RABB - sprouts and microgreens

Seeds soaking (hours)	Rinse/drain per day	Days to harvest		Yield (weight ratio)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
8-12	2-3	3-6	5-14	5 : 1	3 : 1



Seeds



Sprouts / 7 days



Microgreens / 9 days

Taste Spicy taste, more flavorful than the adult plant.

Appearance Small spherical seed in warm chestnut red and dark brown tones.

Nutrient Excellent source of vitamins A, C, E great antioxidants and of group B, particularly B2, B6 and the K vitamin. Significant proportions of phosphorus, calcium, magnesium, iron, zinc, and also potassium, manganese, copper. The broccoli germ is particularly rich in sulforaphane chlorophyll.

Use Useful, broccoli gets along with everything.

