

SUNFLOWER - microgreens

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

SPROUTS

Soaking for 4 hours will bring you to the pre-germination phase. For germination, it is recommended to remove the broken and bad seeds. Wash well before soaking and leave to germinate. Bathe once a day to remove the broken seeds and the small skin flakes.

Harvest once the small sprout appears; bathe for a last time, strain and let dry for 1 to 2 hours on a clean cloth. For a longer conservation, dry in the oven at 40° and keep in closed container.



Seeds



Sprouts / 2 days in container



Sprouts / 3 days in sprouter

Taste Texture resembling dried fruits (like almond) with a soft and enjoyable taste.

Appearance Elongated seed with a pointed end. Black or grey in color.

Nutrient Rich in lipids (up to 56 %), composed of 85 % of unsaturated fatty acids. Contains 18 % of proteins, 13 % de carbohydrates, of which an important part of fibres. Of great nutritive value, the sunflower seed is an excellent source of B, D, E, vitamins, minerals and oligo elements: magnesium, copper, phosphorus, potassium, zinc, iron, calcium.

Use Can be eaten raw, cooked or dried.

MICROGREENS

To obtain delicious shoots, soak the unhusked seeds for one night; spread in a single row over a cookie sheet and let grow for about 10 days. Moisten regularly by misting water. It is also possible to grow on soil in a tray, outside or inside, in a humid and airy atmosphere.



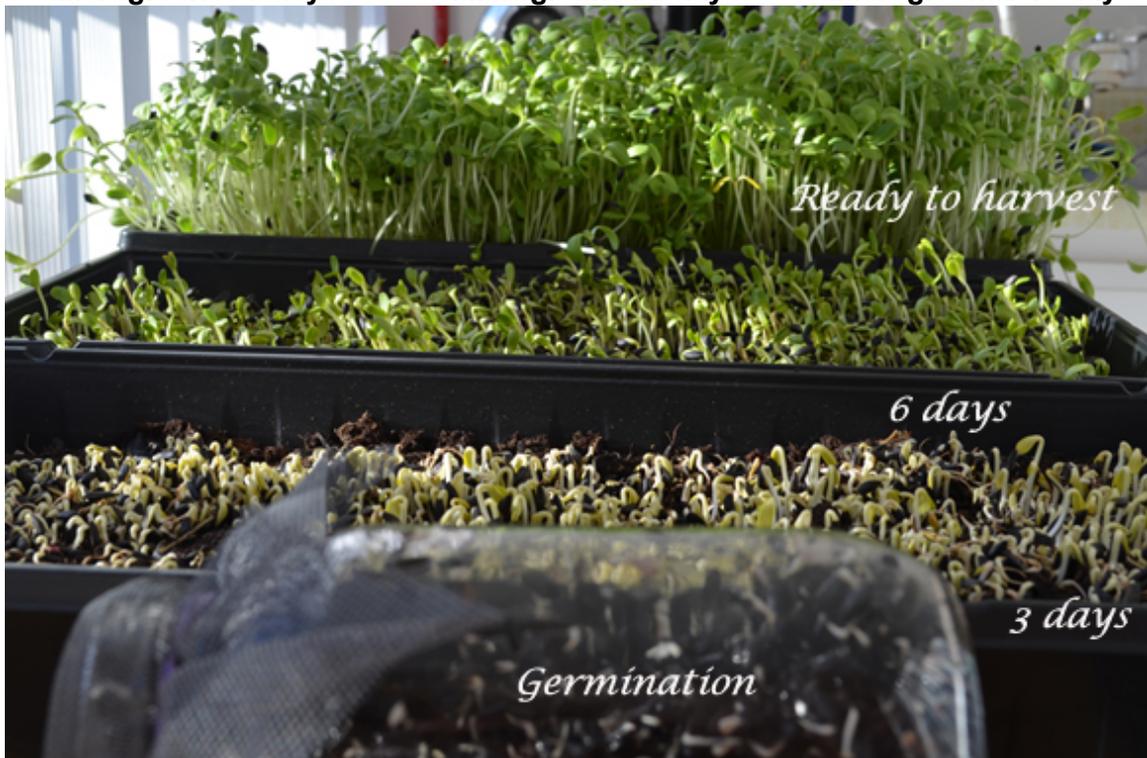
Microgreens / 3 days



Microgreens / 6 days



Microgreens / 10 days



For a continual harvest, redo the process every 3 days