

## RED BEETROOT - microgreens

Seeds soaking	Days to harvest	Yield (weight ratio)
non	12-15	3 : 1



Seeds



Microgreens / 8 days



Microgreens /10 days

**Taste** Sweet taste reminiscent of uncooked beet.

**Appearance** The red beet sprout has a particular purple color.

**Nutrient** High fiber content with low proportions of protein and fats. It contains minerals and trace elements (potassium, sodium, calcium, magnesium, iron, zinc, magnesium, fluorine, selenium, phosphorus), vitamins of the B group, mainly B9, C and E.

**Use** Ideal in salads or stir fries. Quite decorative in any recipes.

**Tip** Rinse well before use.