

ARAGULA - microgreens

Mucilaginous seed (in contact with water will release a gelatinous substance).

To grow shoots: in a germination cup / for sprouts: mixed in with other seeds.

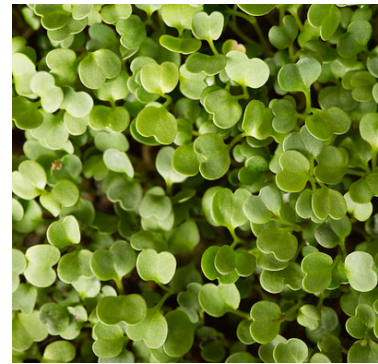
Seeds soaking	Rinse/drain per day	Days to harvest		Yield (weight ratio)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
no	2-3	3-6	5-14	5 : 1	10 : 1



Seeds



Aragula & alfalfa / 5 days



Microgreens / 10 days



Taste A bit bitter in taste than the adult rocket, slightly spicy and peppery.

Appearance Round-oval seed shape in color tones from warm reddish browns to dark brown.

Nutrient Rich in oil. The young sprout contains sulphur, potassium, calcium, magnesium, phosphorus and a good proportion of A, B1, B2, B3 or PP and C vitamins.

Use Will accompany mostly any salads, crudités and meals.