

## RED CABBAGE - sprouts and microgreens

A nice purple-red seed with a slightly bitter taste. Many nutritional benefits, similar to broccoli, supporting the immune system.

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



**Seeds**



**Sprouts / 4 days**



**Microgreens / 6 days**

**Taste** Distinct red cabbage taste.

**Appearance** Small round seed, dark brown in color much like the Chinese cabbage but a bit bigger. Sprout has a very pretty madder rose color.

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

**Use** Very tasty and quite decorative on any meal. Lovely three coloured shoot: purple, white with 2 green leaflets.

