

KOHLRABI RED - Sprouts and microgreens

Kohlrabi sprouts strengthen the immune system as well as having digestive properties and a tonic effect on the organism because of their high vitamins and minerals content.

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 / 6 days



Microgreens / 14 days

Taste Pronounced taste of cabbage.

Appearance Small dark brown round grain as for red cabbage.

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

Use To consume in raw shoots of 2 to 3 cm, in raw vegetables or soups. The small colored sprouts will be very decorative on the plate.

