

Coriander Mono- microgreens

This aromatic herb is native to the Middle East, it spread widely around the world, particularly in Asia. It is used for its medicinal properties but also for culinary purposes.

Seeds soaking	Days to harvest	Yield (weight ratio)
no	12-15	4 : 1



Semence



12 jours



15 jours

Taste Slightly sweet, pleasant and refreshing .

Appearance Light brown round and hollow.

Nutrient Vitamins A, B1, B2, B3 or PP, C, K mineral salts (calcium, iron, phosphorus, potassium, sulfur), trace elements (copper). The Canadian nutrient file reports the antioxidant properties of fresh coriander leaves, which contain carotenoids, including beta-carotene, which is absent from the seed itself.

Use Coriander microgreens decorate dishes, pasta, salads and desserts.