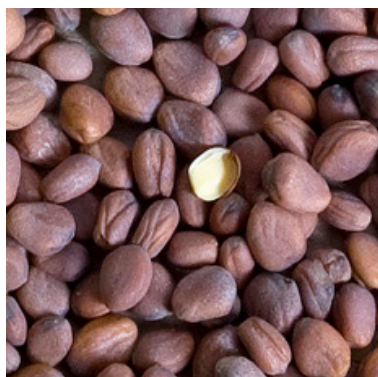


RADISH RAMBO - Sprouts and microgreens

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	8 : 1



Seeds



Sprouts / 5 days



Microgreens / 12 days

Taste Strong radish flavour.

Appearance The Rambo radish seed is medium in size with warm reddish-brown tones. Rambo radish sprouts have a nice purple colour.

Nutrient They are rich in vitamins and minerals that can help strengthen muscular tissues, develop a better sight, have antiseptic properties and improve the digestive process as well as our organism's overall defences.

Use Their rather strong taste makes them particularly suitable for salads, fish and meat, both raw and cooked.

Tip Formation of small white rootlets at the base of the sprout, resembling mold, indicates that it is thirsty and needs bathing.

Note The sprouted radish easily ferments and dehydrates: it must be frequently rinsed (2 to 3 times per day) and moisten.