

FENUGREEK - sprouts

Fenugreek is a member of the legume family and its germs are eaten raw. Mostly used as a spice in Indian cuisine and said to be a facilitating ingredient for digestion. Fenugreek is perfumed and its germs quite nutritious.

Seeds soaking (hours)	Rinse/drain per day	Days to harvest	Yield (weight ratio)
6-12	2-3	4-6	5 :1



Seeds



4 days



6 days

- Taste** Aromatic and spicy seed with a curry flavor. Young shoots have a more bitter taste.
- Appearance** Shaped as small gravel, pale beige in color.
- Nutrient** Contains a significant amount of phosphorus and iron, as well as calcium, potassium, sodium and other mineral constituents, essential amino acids and A, B1, B2, B3, B6, B8 and C vitamins.
- Use** Fenugreek seed has a very long shelf life, tens of years without loss of germinating capacities which is undeniably a clue to their vitality. Fenugreek brings out the taste of salted or sweet preparations.
- Tip** To obtain very nice sprouts, soak and wash them after 2 or 3 days, then place back into the seed sprouter.