

KALE - sprouts and microgreens

A beautiful light green sprout with a slightly bitter taste. Provides nutritional benefits comparable to broccoli and helps the immune system to function properly.

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 / 10 days

Taste Pronounced taste of kale.

Appearance Small dark brown round grain as for Chinese cabbage, but a little larger.

Nutrient Kale sprouts contain high levels of sulforaphane, an antioxidant susceptible to help prevent cancer. Kale, as other Brassicas, is rich in vitamins K, C, B6, and E, folate, dietary fiber, phosphorus, potassium, and magnesium.

Use Kale sprouts adorn salads and soups.