

Broccoli

Brassica oleracea

Non-GMO Sprouting/Micro Greens

Broccoli- A sprouting favorite that's packed with nutrition and antioxidants. Broccoli microgreens are quick and fairly easy to grow. They have a mild nutty flavor and tender leaf that tastes like mild broccoli. They are delicious in salads, on sandwiches, in prepared dishes, or raw.

Seeding Rate:

- Indoor:* 4 tsp./ per 10" x 10" tray
- Outdoor:* 250 seeds/ per 4 feet

How to Grow: All varieties prefer well-drained soil that is rich in organic matter. Using a 10" x 20" tray filled with 2" of moist soil, spread 4 tsp. of seeds evenly across the soil. Sprinkle lightly with more potting soil. Cover tray and store for 72 hours at 70°F – misting lightly every 12 hours. Sprouts will emerge in 3 to 4 days. Uncover and place in well-lit area (or under grow lights). Harvest as microgreens when plants reach 3" tall and produce open leaves (*or allow them to grow taller and harvest at 7-14 days if preferred*). Cut with scissors at approx. 1/4 inch above the soil. Microgreens can be stored dry in a plastic bag in the refrigerator for up to one week. No need to wash before consuming. Best if eaten right after harvesting.

Nutritional Value: Sprouting seeds are richer in protein, folate, magnesium, phosphorus, manganese and vitamins C and K than un-sprouted plants. The vitamin and mineral content varies based on the variety of the sprouting seeds. Sprouts offer a powerful source of vitamins, minerals, antioxidants, and enzymes that fight free radicals because sprouting can increase their potency by 20 times or more.



A fully certified organic and non-GMO variety



Growth Habit	Germination Rate Days	Days to Maturity	Temperature Range	pH Range	Plant Height	Row Spacing	Light Requirement	Plant Width	Certified Non-GMO
Bunch	Fast 3-4 days	Fast 7-14	Mild 65°-75°F	Medium 6.0-7.5	w/leaves 18-30"	12" (outdoor)	Full Sun to Partial Shade	w/Leaves 12-24"	Yes

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