

Buckwheat

Fagopyrum esculentum

Non-GMO Sprouting/Micro Greens

Buckwheat seeds produce sprouts with a light pink stem and dark green leaves. The sprouts can be eaten raw in salads or sandwiches or cooked in stir-fries, soups, or casseroles. They have a mild and nutty flavor that pairs well with various ingredients and can add a crunchy texture to any dish.

Seeding Rate:

Indoor: 8-12 oz./ 10"x 20" tray

Outdoor: 60-80 lbs./acre

How to Grow: Soak seeds overnight before planting. If grown indoors, germinate in darkness for at least two days (until germinated). Sow densely (nearly touching) in moist potting soil at a depth of 1/8" -- with temperatures 65°F to 70°F in full sun (or under grow lights). Keep the soil moist, but allow it to drain. As seedlings are growing, gently run a plant stake or your hand over the plants; this will help knock off the seed coats from the cotyledons. Harvest using scissors or sharp knife when the seedlings are about 3-6" tall (about 7-12 days). Cut just above the soil line.

Note: Not well-suited for sprouting jars. Shoots can be stored in a sealed plastic bag in the refrigerator for up to one week. Wash shoots just before eating.

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	Nitrogen Required	Plant Height	Row Spacing	Light Requirement	Plant Width	Certified Non-GMO
Upright & Curled	Fast 1-2 days	Fast 7-12 days	Mild 65°-70°F	Medium 5.6-6.2	Sprouts 3-6"	Sprouts 2-3"	Full Sun	In Field 24-36"	Yes

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