

Fava Beans

Vicia faba

Non-GMO Sprouting/Micro Greens

Fava Bean sprouts are the young, edible leaves and stems of Fava plants belonging to the Fabaceae family. They have thick stems and lush green leaves. Fava beans have been a staple of Middle Eastern cuisines for thousands of years. Packed with nutritional value, they have a buttery texture and rich nutty flavor.

Seeding Rate:

- Indoor:* 8-12 oz./ 10" x 20" tray
- Outdoor:* 2-5 lbs./ 1000 sq. ft.

How to Grow: Soak seeds overnight before planting. If grown indoors, germinate in darkness for at least five days (until germinated). Sow densely (nearly touching) in moist potting soil at a depth of 1" -- with temperatures 60°F to 65°F in minimal sun (only 2 hrs/daily required). Keep the soil moist, but allow it to drain. Water from bottom up. Harvest when the seedlings are about 6-8" tall (about 12-15 days). Cut with sharp scissors, leaving 1" above soil.

Cover Crops: Fava beans produce a leafy plant with edible bean pods. They prefer cooler temperatures of 60°F to 65°F. When grown as a cover crop, Fava beans will break up the soil naturally and fix up to 140 lbs. of nitrogen per acre. After growth has peaked, plow plants back into the field for mulch. Plant in Sept-Nov for winter cover or in April for spring cover. The plant also produces flowers that are a beneficial bee attractant.

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
Upright	Med 6-10 days	Med 15-18 days	Mild 60°-65°F	Medium 6.0-7.0	Plant 48"	Plants 12-24"	Med Sun (after sprouted)	Plants 18"	Yes

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