

Rye

Secale cereale

Non-GMO Sprouting/Micro Greens

Rye is a versatile grain that sprouts in only two days. It features a distinct mild earthy flavor that is delicious whether used raw, sprouted or milled. Easy to grow and packed with nutrition, cereal rye is used for ryebread, sourdough starter, distilled beverages, cereals, livestock food, and soil health management systems.

Seeding Rate:

- Indoor:* 16 oz./ 10"x 20" tray
- Outdoor:* 70-100 lbs./acre

How to Grow: Soak seeds overnight. Drain and rinse. Sow in well drained loamy soil (hydroponic or coco-coir mediums can also be used). Spread seed evenly across moist medium. Mist the seeds twice daily and cover until germinated (1-2 days). Water trays from bottom up and place under grow lights for 17 hours daily. Harvest in 6-10 days at about 4" tall. Cut with sharp knife or scissors just before eating. *(Storing after cutting isn't recommended).*

Cover Crops: Rye is a beneficial cover crop that will increase soil fertility, quality and productivity. It aids in weed suppression and helps control pests and corrosion. Cereal rye thrives in low-fertility soils and is one of the best cover crops for poor soil with cold fall and winter temperatures. It grows best on well drained soils, but will perform well even on heavy clay soils.

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 in Field	Certified Non-GMO
bunchgrass	Fast 1-2 days	Fast 6-10 days	Mild 65°-70°F	Medium 6.5-7.5	Sprouts 4-5"	Sprouts .25-.50"	Full Sun (after sprouted)	height 36-60"	Yes

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