

Microgreens Taste & Nutrient Guide

Alphabetical customer guide - flavour first, nutrients second.

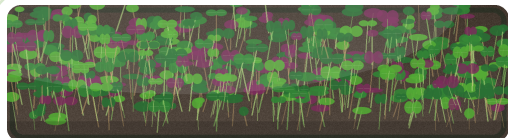
Mild & daily

Peppery kick

Nutty crunch

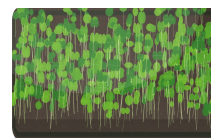
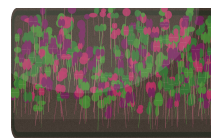
Colour boost

Herbs



A-M: mild & fresh

Tip: mix 2-3 varieties.



Alfalfa

MILD

Taste: Very mild, fresh and grassy.
Nutrients: Vitamins C and K, folate, minerals and gentle plant compounds.

Amaranth

COLOUR

Taste: Mild, earthy, beet-like; beautiful red colour.
Nutrients: Vitamins C, K and E, carotenoids, minerals and antioxidants.

Basil

HERB

Taste: Sweet, aromatic and soft herb flavour.
Nutrients: Vitamin K, carotenoids, polyphenols and aromatic plant compounds.

Beetroot

COLOUR

Taste: Earthy, colourful and slightly sweet.
Nutrients: Folate, manganese, iron, nitrates and betalain pigments.

Broccoli

BRASSICA

Taste: Mild broccoli-cabbage; easy daily green.
Nutrients: Vitamins C, K and A, folate and glucosinolates incl. sulforaphane precursors.

Cauliflower

BRASSICA

Taste: Very mild, clean brassica flavour.
Nutrients: Vitamin C and K, folate, glucosinolates and antioxidants.

Coriander / cilantro

HERB

Taste: Fresh citrus-herb flavour.
Nutrients: Vitamin K and C, carotenoids, antioxidants and minerals.

Curled cress

PEPPERY

Taste: Sharp, peppery, classic sandwich green.
Nutrients: Vitamins C, K and A, calcium, iron and mustard oils.

Curled parsley

HERB

Taste: Clean, grassy, classic herb taste.
Nutrients: Vitamin K, vitamin C, beta-carotene, folate and iron.

Green mustard

PEPPERY

Taste: Peppery, bold, fresh mustard bite.
Nutrients: Vitamins A, C and K, calcium, glucosinolates and antioxidants.

Kale

BRASSICA

Taste: Mild kale, earthy-sweet and easy to use.
Nutrients: Vitamins A, C and K, lutein/zeaxanthin, calcium and manganese.

Kohlrabi

BRASSICA

Taste: Mild, sweet brassica crunch.
Nutrients: Vitamin C and K, glucosinolates, fibre and antioxidants.

Use

Sprinkle on salads, eggs, sandwiches, soups, tacos, pasta and rice bowls.

Pair

Use mild greens as the base, then add peppery greens for a little kick.

Keep fresh

Store chilled and dry. Wash gently only before serving. Discard if slimy or off-smelling.

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Mild & daily

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Nutty crunch

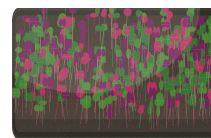
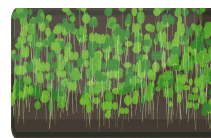
Colour boost

Herbs



P-W: bright bites

Tip: add after cooking.



Mizuna

BRASSICA

Taste: Mild mustard green; lightly peppery.
Nutrients: Vitamins A, C and K, folate, calcium and glucosinolates.

Pak choi

MILD

Taste: Mild Asian green with a gentle mustard note.
Nutrients: Vitamins A, C and K, calcium, potassium and glucosinolates.

Pea shoots

MILD

Taste: Sweet, fresh garden-pea flavour.
Nutrients: Vitamins A, C and K, folate, iron and fibre.

Pepper cress

PEPPERY

Taste: Sharper, hotter cress bite.
Nutrients: Vitamins C, K and A, calcium, iron and peppery mustard oils.

Radish

PEPPERY

Taste: Peppery, spicy and crisp; adds a kick.
Nutrients: Vitamins C, E and K, potassium, glucosinolates and anthocyanins in red types.

Red cabbage

COLOUR

Taste: Mild cabbage with colour and crunch.
Nutrients: Vitamin C and K, beta-carotene, anthocyanins and antioxidants.

Red mustard

PEPPERY

Taste: Spicy mustard with red colour.
Nutrients: Vitamins A, C and K, anthocyanins, glucosinolates and antioxidants.

Rocket / arugula

PEPPERY

Taste: Peppery, nutty and savoury.
Nutrients: Vitamins K, C and A, folate, calcium and natural peppery compounds.

Sunflower

NUTTY

Taste: Nutty, slightly sweet and crunchy.
Nutrients: Plant protein, vitamin E, magnesium, zinc and healthy fats.

Swiss chard

COLOUR

Taste: Mild beet-spinach flavour with colourful stems.
Nutrients: Vitamins K, A and C, magnesium, potassium and betalain pigments.

Tatsoi

BRASSICA

Taste: Mild spoon-leaf brassica, soft and fresh.
Nutrients: Vitamins A, C and K, calcium, potassium and glucosinolates.

Wasabina

PEPPERY

Taste: Strong wasabi-mustard heat.
Nutrients: Vitamins A, C and K, calcium, glucosinolates and antioxidants.

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Serve

Add after cooking, not during cooking, so colour and crunch stay beautiful.

Note

Nutrients vary by seed variety, light, medium, harvest age and freshness.