



**BROCCOLI**  
Taste: Broccoli  
Sprout: 6 days  
Micro: 12 days  
Root hair: Yes  
Level: Average



**FENUGREEK**  
Taste: Curry  
Sprout: 6 days  
Micro: 12 days  
Root hair: No  
Level: Easy



**ENDIVE**  
Taste: Bitter salad  
Sprout: 6 days  
Micro: 12 days  
Root hair: No  
Level: Average



**FENNEL**  
Taste: Licorice  
Sprout: 10 days  
Micro: 20 days  
Root hair: No  
Level: Difficult



**GREEN LENTIL**  
Taste: Cold lentils  
Sprout: 2 days  
Micro: No  
Root hair: No  
Level: Easy



**CLOVER**  
Taste: Iceberg  
Sprout: 6 days  
Micro: 12 days  
Root hair: No  
Level: Easy



**CRESS**  
Taste: Cress  
Sprout: 6 days  
Micro: 12 days  
Root hair: No  
Level: Average



**CHICKPEA**  
Taste: Chickpea  
Sprout: 4 days  
Micro: No  
Root hair: No  
Level: Easy



**DAIKON**  
Taste: Radish  
Sprout: 6 days  
Micro: 12 days  
Root hair: Yes  
Level: Average



**ALFALFA**  
Taste: Iceberg  
Sprout: 6 days  
Micro: 12 days  
Root hair: Yes  
Level: Easy



## FRESH SPROUTS

Grow your Health

[www.FreshSprouts.net](http://www.FreshSprouts.net)



**COLZA**  
Taste: Rucola  
Sprout: 6 days  
Micro: 12 days  
Root hair: Yes  
Level: Average



**MIZUNA**  
Taste: Pepper  
Sprout: 6 days  
Micro: 12 days  
Root hair: Yes  
Level: Average



**MUNG BEAN**  
Taste: Nutty  
Sprout: 3 days  
Micro: No  
Root hair: No  
Level: Easy



**PINK KALE**  
Taste: Red kale  
Sprout: 6 days  
Micro: 12 days  
Root hair: Yes  
Level: Average

[info@freshsprouts.net](mailto:info@freshsprouts.net)

Mobil: +45 60246203

© FRESH SPROUTS



**BEET**  
Taste: Beet  
Sprout: 12 days  
Micro: 20 days  
Root hair: No  
Level: Difficult



**ROSE RADISH**  
Taste: Radish  
Sprout: 6 days  
Micro: 12 days  
Root hair: Yes  
Level: Average



**RUCOLA**  
Taste: Rucola  
Sprout: 6 days  
Micro: 12 days  
Root hair: No  
Level: Average



**RED CLOVER**  
Taste: Mild salad  
Sprout: 6 days  
Micro: 12 days  
Root hair: No  
Level: Easy



**RED LENTILS**  
Taste: Cold lentils  
Sprout: 2 days  
Micro: No  
Root hair: No  
Level: Easy



**MUSTARD**  
Taste: Mustard  
Sprout: 6 days  
Micro: 12 days  
Root hair: Yes  
Level: Average



**SUNFLOWER**  
Taste: Sunflower seed  
Sprout: 7 days  
Micro: 12 days  
Root hair: Yes  
Level: Average



**RED RADISH**  
Taste: Radish  
Sprout: 6 days  
Micro: 12 days  
Root hair: Yes  
Level: Average



**PEA**  
Taste: Fresh peas  
Sprout: 2 days  
Micro: See next  
Root hair: No  
Level: Easy



**PEA SHOOT**  
Taste: Pea shoot  
Sprout: See previous  
Micro: 12 days  
Grow with/without soil  
Level: Average