

SEEDS FOR SPROUTING and MICROGREENS



The FHF sprouting collection – all organic seeds.

Seed (*suitable for microgreens only)	Brief Description	Pack size
Alfalfa	Alfalfa is one of the most popular seeds for sprouting. Alfalfa sprouts are crisp, their taste fresh and light - almost like crisp lettuce. Very delicate sprout.	1kg, 250g
Beetroot	Beetroot seeds grow as a micro-green and add colour and interest to your salads. They have a lovely earthy taste and are quick and easy to grow.	1kg, 250g
Broccoli Calabrese	Broccoli Calabrese (<i>Brassica oleracea botrytis cymosa</i>) is a mild seed for sprouting which is packed with nutrition.	1kg, 250g
Black Tuscany Kale	Organic Black Tuscany kale seeds for sprouting or growing micro greens. These seeds give a very dark sprout with a hint of mustard and are full of nutrition.	1kg, 250g
Pink Kale	The sprouts resemble a lighter red version of cabbage sprouts with a distinct Kale flavour. For sprouting or use as micro-greens.	1kg, 250g
Red Kohlrabi	Red Kohlrabi seeds produce a sprout with a mild, sweet flavour that goes great in salads and stir fries. Colourful red stems.	1kg, 250g
Red Cabbage	Mild cabbage flavoured sprout. Stunning colour!	1kg, 250g
Rape brassica napus	Organic Rape sprouts are rich in nutrients and taste. You only get the full advantage of the many nutrients when you eat rape sprouts raw, as vitamins and antioxidants are heat-sensitive.	1kg, 250g
Chickpea	ChickPea makes a delicious nutty sprout. A very easy bean to sprout. Can be used for raw Hummus.	1kg, 500g
Red Clover	Red Clover seed makes a very nutritious sprout that is very easy to grow and has a lovely delicate flavour.	1kg, 250g
Coriander *	Coriander makes a very tasty microgreen that is full of flavour. Easy to grow. Slow to germinate	1kg, 250g
Cress (mustard) *	Mustard is a very fast grower which <i>must not be soaked</i> as it is mucilaginous	1kg, 250g

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Fenugreek	Fenugreek sprouts are very good for the lymphatic system . Will help with milk production if you are lactating.	1kg, 250g
Mung Beans	Very easy and popular sprout.	1kg, 250g
Puy Lentils	Lentils are a good choice for the sprouting novice, as they're unfussy to grow and are among the most versatile sprouts in the kitchen. Puy lentils are particularly flavoursome	1kg, 250g
Pea *	Grow as pea shoots. The shoots have a delicious, nutty and distinct sweet pea-like flavour and are high in vitamins.	1kg, 500g
Radish Daikon	White radish sprouts with good flavour – sprout or microgreen.	1kg, 250g
Radish Red Rambo	For sprouting or microgreens. Dark purple stems and leaves – good flavour	1kg, 250g
Radish China Rose	Very attractive with delicate pale pink stems. China Rose sprouts have a crisp, succulent texture and a spicy radish-like flavour with a mild sweetness.	1kg, 250g
Sunflower *	Sunflower seeds will give you a good crop of microgreens. They have a lovely nutty taste and good texture and are very easy to grow at home	1kg, 250g
Onion	Onion sprouts have long thin white and green stems which are often capped with the black seed shell from which they sprouted from. Good onion flavour – can be grown as a microgreen.	1kg, 250g
Rocket *	Microgreen - <i>must not be soaked</i> as it is mucilaginous. Quick and easy to grow.	1kg, 250g
Wheat	For sprouting or wheatgrass	1kg, 5kg, 30kg