

SEEDS BY DESIGN INC



SPROUTING AND MICROGREENS



## Red Cabbage Sprouts

### **Red Cabbage Sprouts**

Bright red sprouts are as pretty as they are healthy. Brassica specie sprouts contain high levels of cancer fighting agents. Try a mixture of red and green cabbage for a multi colored look.



## Garden Cress Sprouts

### **Garden Cress Sprouts**

Garden cress is one of the most common and economical sprouts. Used a great deal in blends. Create one of your own, or ask us for a recommendation.



## Mustard Sprouts

### **Mustard Sprouts**

One of the easiest and fastest seeds to sprout. Slight mustard flavor paired with all the healthy benefits of being a brassica specie. Try a blend of Tatsoi, Mizuna and Red Mustard to have a balance of flavors in your sprouts.



## Onion Sprouts

### **Onion Sprouts**

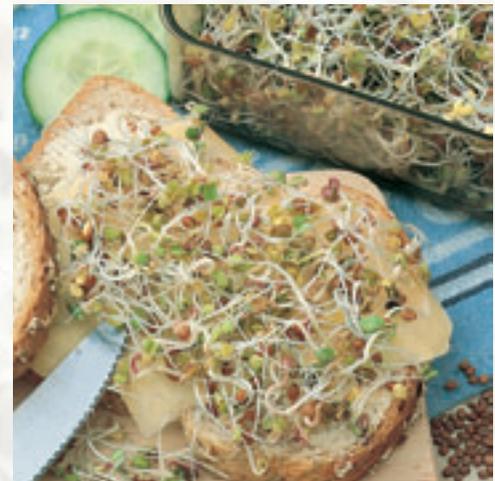
Surprisingly mild onion flavor. Use fresh in sandwiches and salads for allium flavor with no bite. Also try leek sprouts for a slightly sweeter flavor.



## Watercress Mini Greens

### **Watercress Mini Greens**

One of the mildest and tender mini greens. These green and white beauties are prized for the fresh and juicy flavor. They do not store well but are worth the effort.



## Radish Sprouts

### **Radish Sprouts**

Used in Asia for years as a garnish and component in many dishes. These sprouts can range in color from white, pink and red. Market a mixture of all three colors if you wish.



**Fenugreek Microgreens**

### ***Fenugreek Microgreens***

Fenugreek is communally used as a spice in Indian cuisine. These tasty and healthy sprouts add zest to any ones table. Try Fenugreek microgreens in your next salad.



**Lettuce Mini Greens**

### ***Lettuce Mini Greens***

A colorful mixture of red and green lettuce varieties created these lovely mini lettuce. They are not considered a sprout and not baby leaf, some where in between.



**Coriander Microgreens**

### ***Coriander Microgreens***

One of the chief fresh herbs in Spanish and Mexican cuisine. Keep an on going supply right in your kitchen for use in everyday cooking. Never worry about having tough stems in you meals again. Imagine a taco with these on top.



**Broccoli Sprouts**

### ***Broccoli Sprouts***

Broccoli is the king of the brassica species. This wonderful vegetable features the highest levels of cancer fighting agents we know. They recommend 1-3 tablespoons per day to fulfill your daily needs.



**Pepper Cress Microgreens**

### ***Pepper Cress Microgreens***

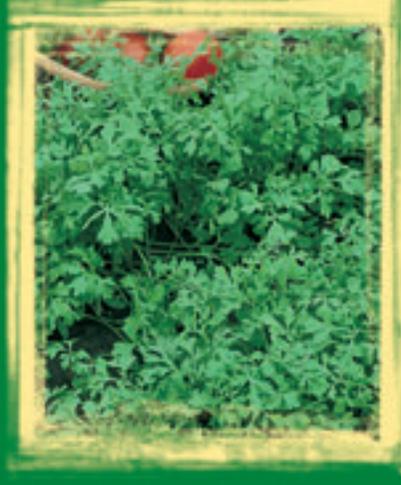
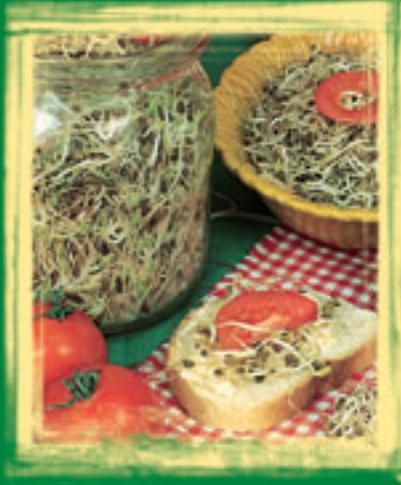
There are many different selections of cress. Pepper cress has that bright almost hot pepper flavor. Try a mixture of garden and pepper cress for a nice balanced blend of flavors.



**Upland Cress Microgreens**

### ***Upland Cress Microgreens***

Upland cress is the queen of sprouting cress seeds. The miniature leaves are broad and larger than garden or watercress. The bright orange seeds are just a bonus.



VARIETY	Leaf Color	Stem Color	Description
<b>Basil Sprouts</b>	Green	White	Wonderful bright basil flavor. Great for pesto.
<b>Broccoli Sprouts</b>	Green	White	Mild and one of the most healthy choices.
<b>Colored Chard Blend</b>	Green	Multi	Grow a rainbow of red, white, orange, pink and yellow chard sprouts.
<b>Coriander Microgreens</b>	Green	White	Make your tacos and other Mexican food sing with this flavorful addition.
<b>Fenugreek Microgreens</b>	Green	White	Include these tender tasty sprouts in your next mixture.
<b>Garden Cress Sprouts</b>	Green	White	Fast and easy to grow. Cress microgreens are a great starter project for a novice sprouter.
<b>Golden Beet Microgreens</b>	Green	Yellow	Add a pop of golden yellow to any salad with golden beet microgreens.
<b>Health Choice Blend</b>	Green	White	Choose a blend of broccoli, cabbage, cauliflower and collards for a powerhouse of goodness.
<b>Italian Blend Microgreens</b>	Green	White	How could any cook not want a blend of basil, marjoram, fennel and rapini microgreens for Italian cuisine.
<b>Kohlrabi Sprouts</b>	Red	Purple	One of the showiest of all sprouts. The beautiful dark red and purple hues are a must.
<b>Leek Sprouts</b>	Green	White	A sweeter alternative to onion sprouts.
<b>Lettuce Mini Greens</b>	Multi	Multi	Grow these mini lettuce for a healthy choice to salads and baby leaf greens.
<b>Mustard Sprouts</b>	Green	White	Flavorful and quick sprouts are a wonderful addition to any meal.
<b>Old Mexico Blend Sprouts</b>	Green	Multi	This colorful mixture consists of coriander, red beets, cabbage, radish and pepper cress.
<b>Onion Sprouts</b>	Green	White	Use anywhere you would add fresh onions and not have the hot pungency.
<b>Pepper Cress Microgreens</b>	Green	White	The spicy cousin to upland and garden cress. These fine leaves sprouts are quite a treat.
<b>Radish Sprouts</b>	Green	Pink	Make a blend of white, pink and red radishes for a colorful alternative.
<b>Rainbow Blend Microgreens</b>	Green	Multi	A mixture of many species and colors to create a unique flavor combination.
<b>Red Beet Microgreens</b>	Red	Red	What better way to enjoy beets. These small deep red wonders have a fresh earthy taste.
<b>Red Cabbage Sprouts</b>	Red	Red	Bright red stems and dark leaves are one of the prettiest plus healthy microgreens of all.
<b>Upland Cress Microgreens</b>	Green	White	Upland cress leaves are much larger than other cress and are very easy to grow.
<b>Watercress Microgreens</b>	Green	White	Watercress is known for its tenderness and will not ship well. But worth all the effort.
<b>Wheat Grass Greens</b>	Green	Green	What energy drink is not complete with out adding the nutrients of wheat grass.