

BROCCOLI

Soaking ***	Germination ***	Sprout ***	Watering ***	Conservation ***
12 hours	7 days	9 days	2 times / day	7 days (fresh)



Taste Spicy taste, more flavorful than the adult plant.

Appearance Small spherical seed in warm chestnut red and dark brown tones.

Nutrient Excellent source of vitamins A, C, E great antioxidants and of group B, particularly B2, B6 and the K vitamin. Significant proportions of phosphorus, calcium, magnesium, iron, zinc, and also potassium, manganese, copper. The broccoli germ is particularly rich in sulforaphane chlorophyll.

Use Useful, broccoli gets along with everything.



Formats: 50 g 65-9503-01N / 125 g 65-9503-12N / 250 g 65-9503-25N