

## SUNFLOWER

Soaking ***	Germination ***	Shoot ***	Watering ***	Conservation ***
12 hours	2-3 days	10 days	Once / daily	2-3 days (fresh)

### SPROUT

Soaking for 4 hours will bring you to the pre-germination phase. For germination, it is recommended to remove the broken and bad seeds. Wash well before soaking and leave to germinate. Bathe once a day to remove the broken seeds and the small skin flakes.

Harvest once the small sprout appears; bathe for a last time, strain and let dry for 1 to 2 hours on a clean cloth. For a longer conservation, dry in the oven at 40° and keep in closed container.



Seed

Sprout / 2 days in container

Sprout/ 3 days in sprouter

**Taste** Texture resembling dried fruits (like almond) with a soft and enjoyable taste.

**Appearance** Elongated seed with a pointed end. Black or grey in color.

**Nutrient** Rich in lipids (up to 56 %), composed of 85 % of unsaturated fatty acids. Contains 18 % of proteins, 13 % de carbohydrates, of which an important part of fibres. Of great nutritive value, the sunflower seed is an excellent source of B, D, E, vitamins, minerals and oligo elements: magnesium, copper, phosphorus, potassium, zinc, iron, calcium.

**Use** Can be eaten raw, cooked or dried.

## SHOOTS

To obtain delicious shoots, soak the unhusked seeds for one night; spread in a single row over a cookie sheet and let grow for about 10 days. Moisten regularly by misting water. It is also possible to grow on soil in a tray, outside or inside, in a humid and airy atmosphere.



Formats: 50 g 65-9506-01N, 65-9606-01B / 125 g 65-9506-12N, 65-9506-01B  
250 g 65-9506-25N, 65-9506-25B