

ARAGULA

Mucilaginous seed (in contact with water will release a gelatinous substance).

To grow shoots: in a germination cup / for sprouts: mixed in with other seeds.

Soaking ***	Germination ***	Shoot ***	Watering ***	Conservation ***
15 minutes	5 days	10 days	2 times / day	3-4 days (fresh)



Seed



Rocket & alfalfa / 5 days



Shoot / 10 days



Taste A bit bitter in taste than the adult rocket, slightly spicy and peppery.

Appearance Round-oval seed shape in color tones from warm reddish browns to dark brown.

Nutrient Rich in oil. The young sprout contains sulphur, potassium, calcium, magnesium, phosphorus and a good proportion of A, B1, B2, B3 or PP and C vitamins.

Use Will accompany mostly any salads, crudités and meals.