

BUCKWHEAT WITH SHELL

Soaking ***	Germination ***	Shoot ***	Watering ***	Conservation ***
12 hours	2 days	6 days	1 time / day	3-4 days (fresh)



Taste Neutral and soft. After steaming the taste of flour develops.
Appearance Pyramidal in shape, light to dark brown in color.

Nutrient Buckwheat is a cereal rich in carbohydrates and essential amino acids. Vitamins A, B1, B2, B3, B5, C, E, K and rutin (P vitamin). Mineral salts: silicon, magnesium, phosphorus, calcium, potassium, Manganese, zinc, copper, Fluor and iron.

Use To be eaten raw, cooked, dried or ground.

Note: Buckwheat seed has the particularity to keep moist, it is therefore not necessary to water. Neatly clean, let soak, rinse and place in a bowl, rotate the seeds occasionally for a good moisture distribution.