

**URBAN FARMER**

LOVE THE EARTH

**Sprouts and Sprout Mix Comparison Chart**

Variety	Time to Sprout	Nutrition	Flavor
Alfalfa Sprouts	4 Days	Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorous, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids and Trace Elements. Protein: 35%	Crunchy and mild
Broccoli Sprouts	4-6 Days	Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorous, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids and Trace Elements. Protein: 35%	Broccoli flavor with a bit of heat
Chive Sprouts	14-18 Days	Vitamins A, B, C and E, Calcium, Iron, Magnesium, Niacin, Phosphorous and Potassium. Protein: 20%	Garlic with slight heat
Daikon Radish Sprouts	4-6 Days	Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorous, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids and Trace Elements. Protein: 35%	Crunchy with a bit of heat
French Lentil Sprouts	3-5 Days	Vitamins A, B, C and E, Calcium, Iron, Niacin and Phosphorous. Protein: 25%	Sweet and pepper flavor
Hard Red Wheat Sprouts	2-3 Days	Vitamins B, C and E, Calcium, Iron, Magnesium, Pantothenic Acid and Phosphorous. Protein: 15%	Creamy, soft and chewy grain
Kale Sprouts	3-4 Days	Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorous and Zinc. Protein: 35%	Mild sweet with a crunch
Red Clover Sprouts	6-7 Days	Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorous, Potassium and Zinc. Protein: 35%	Crunchy flesh, mild and refreshing
Red Garnet Amaranth Sprouts	3-6 Days	Vitamins C, E and K, Calcium, Iron and beta-carotenes. Protein: 15%	Mild and sweet flavor

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Mix	Varieties	Time to Sprout	Nutrition	Flavor
Bean Mix	Green, Crimson and Red Chief Lentils; Green, Marrow and Yellow Peas; Beige Garbanzos and Adzukis	4-5 Days	Vitamins A, B, C and E, Calcium, Iron, Magnesium, Niacin, Phosphorous and Potassium. Protein: 25%	Crunchy and slightly sweet
French Mix	Clover, Arugula, Cress, Radish and Dill	4 Days	Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorous, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids and Trace Elements. Protein: 35%	Nutty with slight heat
Grain Mix	Wheat, Spelt, Kamut, Lentils and Rye	3-4 Days	Vitamins A, B, C and E, Calcium, Iron, Magnesium, Niacin, Phosphorous and Potassium. Protein: 15%	Soft and buttery

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