

Microgreen Flavor Profiles

Alfalfa – Mild, nutty, crunchy, pea-like taste

Arugula – Peppery

Basil – Intense, slightly sweet, zesty

Beet – Earthy, like beetroot but slightly sweeter

Broccoli – Mild, cabbage-like flavor

Cilantro – Celery-like taste, strong, citrusy

Clover – Mild earthy, nutty, slightly sweet

Cress – Peppery, tangy

Fenugreek – Sweet, nutty flavor

Flax – Nutty, mildly spicy

Kale – Mild, subtly sweet, broccoli-like taste

Kohlrabi – Mild, sweet

Lentils – Mild bitter, pea-like taste

Mung bean – Mild bean taste, slight buttery

Mustard – Prominent mustard spice. Some varieties, such as Wasabi have more intense flavor

Pea – Slight sweet, crunchy, robust pea flavor

Popcorn – Super sweet, rich corn flavor

Radish – Strong, radish flavor

Sunflower – Nutty, mild, crunchy texture

Wheatgrass – Mild sweet, grassy

