

MICROGREEN INFORMATION

Microgreens are young versions of salad leaves or herbs. They are grown to seedleaf or first true leaf size. They are exceptionally tender and in most cases intensely flavoured. Varieties are especially selected for their unique flavour or visual impact and colour

Certain Microgreens, contain a higher concentration of phytochemicals per gram than found in their mature versions. Some Microgreens are considered to be “Superfoods” and can broadly be described as foods containing health promoting or disease preventing properties beyond normal nutritional values. Microgreens are consumed whole, so there is little preparation required and minimal waste. Seeds are automatically sown onto matting, transferred on a mobile bench system to a dedicated glasshouse and growing times vary from 6 to 50+ days depending on variety. Harvesting is automated to reduce handling

Our current range includes in 200g packs:

- Green Basil
- Red Basil
- Thai Basil
- Broccoli
- Coriander
- Mizuna
- Pink Stem Radish
- Red Chard
- Red Mustard Frills
- Rocket
- Greek Cress
- Sorrel
- Celery
- Perilla
- Thai Basil
- Salad Fennel
- Red Amaranth
- Garlic Chives



Microgreen Herbs flavour profile



Green Basil

an aromatic, pepper spice flavour with a touch of cloves



Thai Basil

unique sweet anise-liquorice flavour with a hint of spice



Red Basil

attractive deep red microleaf with a peppery and spicy flavour

Microgreen Japanese greens flavour profile



Pink stemmed radish

Delightful pink stemmed microgreen, with a strong peppery kick and smooth creamy finish



Red Mustard Frills

Attractive frond like red blushed microgreen, with a warming characteristic flavour, reminiscent of mustard condiment

Microgreen Healthy Eating flavour profile



Broccoli

A mild mustard flavoured microgreen.

Described as a superfood currently under research in the US as a source of the anti-cancer compound, sulforaphane

Microgreen Salad leaf flavour profile



Red Chard

Attractive red stemmed microgreen, with a succulent fleshy seed leaf



Mizuna

A striking mini fern-like leaf, with a mild mustard flavour



Rocket

The distinctive nutty and peppery flavour