

# West Coast Seeds

A kitchen counter with a white countertop and dark wood cabinets. On the counter, there is a black grow light fixture with a tray of green microgreens underneath it. To the right of the grow light is a gas stove with a silver kettle on one of the burners. In the background, there is a white subway tile backsplash, a window with a brass handle, and a wooden cart with a glass bottle on it.

Growing Sprouts  
& Microgreens

# Indoor Growing

Growing fresh, nutritious food at home does not always require big garden spaces, or even stepping outdoors.

## INDOOR GARDENING

Sprouts and microgreens are grown from seed and harvested at an immature stage. The process is faster than growing vegetables to maturity, and it can be done on a kitchen counter or windowsill. It allows home gardeners to produce fresh, nutritious food year-round.

### SPROUTS AND MICROGREENS: WHAT'S THE DIFFERENCE?

Sprouts are grown by repeatedly rinsing and draining certain types of seeds that, by their nature, have a fast and uniform germination rate. The process is quick, taking less than a week from start to harvest. Microgreens are grown in soil under bright lights, or in a brightly lit environment. Growing in soil allows the home gardener to choose from a much wider variety of food crops, and much more diverse flavours, textures, and colours. Growing microgreens may take a bit longer, but the possibilities are nearly boundless.



## Planting Tip

### Soaking Times:

- **Small Seeds (like alfalfa and broccoli): 10 minutes**
- **Medium seeds (like radish and mung beans): 4 hours**
- **Large seeds (like adzuki beans and chickpeas): 8 hours**



# Sprouting Equipment

## SPROUTS AND SPROUTING

Sprouts can be grown in any climate. They mature in 3-5 days, and can be planted any time of the year. They don't require soil or sunshine, but they contain nearly as much vitamin C as tomatoes. Plus they produce no waste. Spent sprouting water is full of nutrients and can even be used to feed houseplants.

Seeds stay in their dormant state because they contain enzyme inhibitors. Soaking seeds dissolves these inhibitors and triggers sprouting. As this process unfolds, each seed begins to use up its store of food in an effort to produce its first leaves. It is a

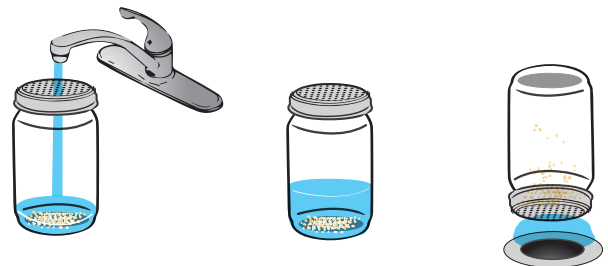
complex chemical process that releases proteins, enzymes, and sugars. While this process unfolds, sprouts are very easily digested and their individual nutrients are available to the body more immediately. Most sprouters only need to use a tablespoon of seeds at a time, so a single bag of seeds can produce masses of sprouts. Each sprout variety has its own unique flavour and texture, and they can be combined to suit personal flavours or grown each on their own. Detailed sprouting instructions are included with every order from West Coast Seeds. Sprout like a pro by checking out the numerous sprouting articles on our website.

## SPROUTING JAR WITH SCREEN & SEEDS

Here's a great gift idea, or a fantastic introduction to sprouting at home. This kit contains a wide mouth mason jar, sprouting screen (plastic or metal), along with an instruction brochure and the Fantastic Four Collection (SS200R). Bring a friend into the sprouting family with the gift of nutritious, easy-to-grow sprouts.

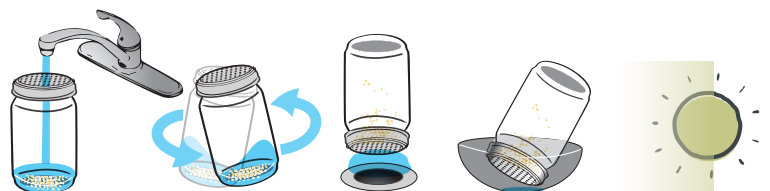
### 1 Soak

Use 1 tablespoon of small seeds or 2 tablespoons for larger seeds. Fill a sterilized jar so that the seeds are covered to twice their depth. Drain the water after the desired soaking time. Soaking is optional, but may accelerate germination.



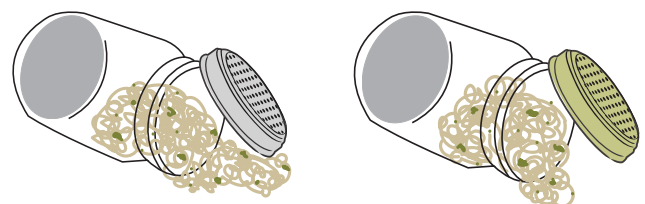
### 2 Rinse

Rinse 3 to 4 times a day with clean, cold water, for 3 to 5 days. Drain well. Place in clean bowl upside down at an angle (approx 45°) for excess liquid to drain. Keep out of direct sun.



### 3 Harvest

Rinse thoroughly before eating, drain and pat dry with kitchen towel, and refrigerate within 8 hours. Sprouts can be kept in refrigerator for up to 5 days.



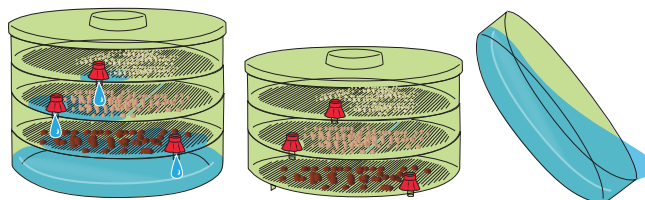
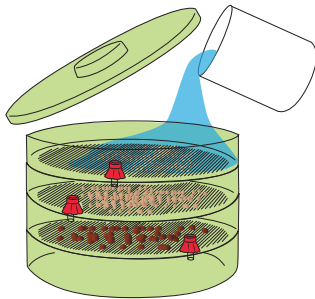
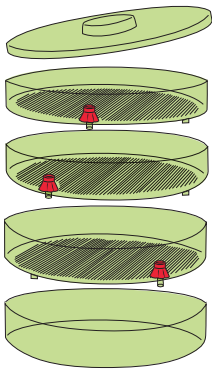
# Biosta Kitchen Crop Sprouter

## BIOSTA KITCHEN CROP SPROUTER ZHG178

The Biosta is beautifully designed with grooved trays to help water spread evenly. Simply pour two cups of fresh cold water over seeds in the top tray. It drains into the trays below, and then into a reservoir at the bottom for easy disposal. Triple trays mean the crop can be staggered for a constant supply, or three different sprouts can be grown at once. The Biosta is constructed from BPA-free polystyrene plastic. Pre-soaking seeds is not necessary in the Biosta sprouter.

### 1 Rinse

Use 1 tablespoon of small seeds or 2 tablespoons for larger seeds in the grooved plates. Rinse 3 to 4 times a day for 3 to 5 days.



### 2 Harvest

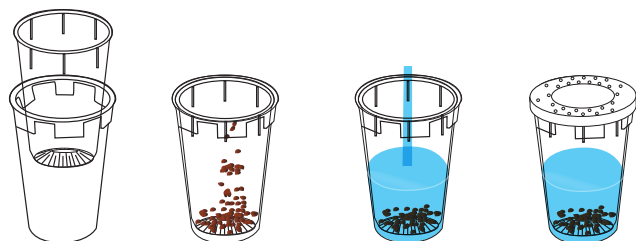
Rinse thoroughly before eating, drain and pat dry with kitchen towel, and refrigerate within 8 hours. Sprouts can be kept in the refrigerator for up to 5 days.

## EASY SPROUT ZHG174

Easy Sprout is a quart-size container that uses the subtle heat generated by the sprouting process to circulate fresh, humidified air by convection. This prevents suffocation and dehydration so the sprouts need less rinsing. It includes 6 pieces plus manufacturer instructions. It's great for wheatgrass. Made from food-grade, BPA-free, high density polyethylene.

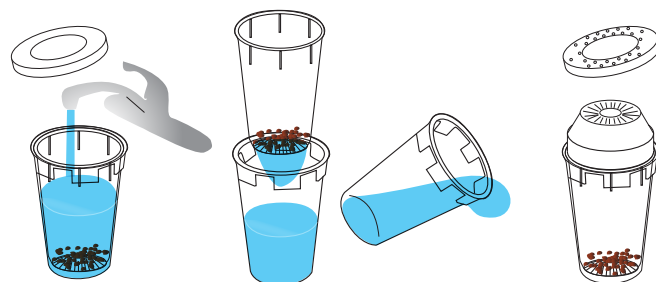
### 1 Soak

Place the appropriate sized draining container into the outer container (no drain). Use 1 tablespoon of small seeds or 2 tablespoon of larger seeds. Place the seeds into the inner container and fill with water, soaking according to the size of the seed (see Planting Tip on Page 2). Soaking is optional, but may accelerate germination.



### 2 Rinse

Rinse 1 to 2 times a day for 3 to 5 days. Lift inner container to drain. Once drained, use vented dome or lid to circulate air before the next rinse.



### 3 Harvest

Rinse thoroughly before eating. To store remaining sprouts, dry them thoroughly using kitchen towel before refrigeration. Sprouts can be kept in refrigerator for up to 5 days.

# Sprouting Seeds

*By their nature*, the seeds of plants in the Brassica and Legume families, along with a couple of grasses, have a very high, fast, and uniform germination rate. This makes them particularly well suited for sprouting. Other types of seeds take longer to germinate, so they are better suited to growing in soil as microgreens. Those types of seeds may end up rotting in conventional sprouting systems.

## ADZUKI BEANS

These are some of the fastest sprouts because they're ready to eat when only a tip of root emerges. Keep the bright red skins



intact for the highest nutritional value. Adzuki sprouts are a good source of vitamins A, B, C, and E, as well as calcium, iron, niacin, magnesium, potassium, manganese, fibre, and protein. Use the Biosta Kitchen Sprouter or Mason jar with lid to produce adzuki sprouts, or simply grow them in a colander and bowl right in your kitchen. They are ready to eat after only two to three days, so they're easy to plan around.

## ALFALFA

The familiar mild alfalfa sprout is the only plant that offers a complete range of vitamins: A,



B complex including B12, C, E, and K. Alfalfa is full of calcium, folic acid, magnesium, phosphorus, potassium, sodium, and zinc.



## BARLEY

Sprouted barley has a satisfying chewiness that works well in breads and breakfast cereals. It is packed with vitamins B, C, and E. It is also a good source of calcium, magnesium, pantothenic acid, phosphorus, and amino acids. It can also be grown out for cat grass. Barley sprouts are harvested just after they sprout their first roots. Unlike alfalfa and mung beans, they are not grown for the vegetative stem and leaves. Barley is not as sweet as some other sprouted grains, but it is a nutritional powerhouse. It is also very quick from soak to harvest.

## BROCCOLI

Grow broccoli sprouts for health and vitality. Broccoli sprouts have a very pleasing, mild flavour, and are fast and easy to grow. They are widely considered to be one of the premier



super-foods, as they are a very good source of vitamins A, B, C, E and K, as well as calcium, iron, magnesium, potassium, and zinc. They also supply carotene, chlorophyll, amino acids, trace elements, and considerable protein. Most significantly, they are a good source of the antioxidant sulforaphane, which is believed to combat the growth of cancer cells.

## BROWN MUSTARD

Brown mustard sprouts are some of the easiest and fastest Brassicas available. In just days, you can have fresh, crunchy, zesty sprouts that contain the vitamins A, B, C, E, and K, and the minerals calcium, magnesium, phosphorus, iron, and zinc. They also contain chlorophyll, carotene, amino acids, and antioxidants. Mustard sprouts are fine like alfalfa, but have more intense flavour and a bit of spiciness that adds zing to salads and sandwiches. Grow this super-food using any simple sprouter and enjoy fresh mustard sprouts in just four days.

## CHICKPEAS

Soaking and sprouting chickpeas makes them easier for most people to digest. It enhances their amino acids, vitamins, and protein content. They are wonderful smashed into “living” hummus, or just as highly nutritious snack food. Sprouted chickpeas are harvested just as the tip of the root (the “tail”) emerges from the seed, indicating that it has germinated. The seeds increase noticeably in size.



## Alfalfa Sprout Veggie Cakes Recipe

Fresh alfalfa sprouts make the perfect topper for almost any veggie cake. Bind these cakes with flax eggs to keep the recipe vegan-friendly, and serve as a delicious appetizer. Double the circumference and thickness for use as burgers.

### Ingredients:

- ½ cup flax eggs (instructions to make are included below)
- 14 oz can black or pinto beans
- ¾ cup cooked quinoa
- 1/4 cup chopped parsley
- 2 medium sized shredded carrots
- ½ cup breadcrumbs
- ½ cup ground cashews or almonds
- ½ tsp smoked paprika
- ½ Tbsp chili powder
- Salt to taste
- Alfalfa sprouts
- Non-fat yoghurt (use non-dairy to make it vegan)
- Cilantro
- Lemon



To make flax eggs, mix 2 tbsp of ground flaxseed with ¼ cup water and let sit in your fridge for 15 to 30 minutes. The flax and water will thicken with a gelatinous quality to help bind the cakes. Boil quinoa until cooked. Meanwhile, in a large bowl, roughly mash beans. Add cooked quinoa, parsley, carrots, breadcrumbs, nuts, smoked paprika, chili powder, and salt. Add thickened flax eggs and mix together. Shape into patties, roughly ½ inch thick. Add olive oil to a medium-hot pan and cook patties until gold and crispy, about 4 minutes per side. Remove from heat, top with alfalfa sprouts and enjoy. Mix lemon with non-fat yoghurt and chopped cilantro for a tasty dip.

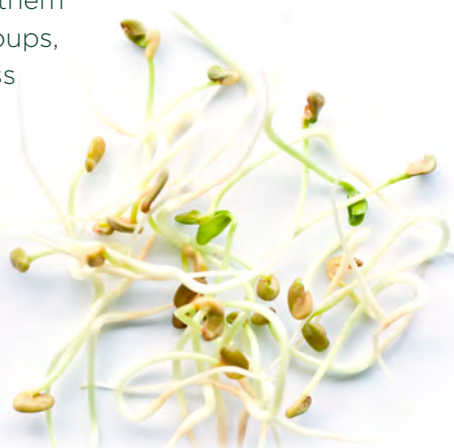
# Sprouting Seeds

They have a definite crunch factor that works very well in salads and makes them a terrific and healthy snack. They can also be mixed with dry spices and enjoyed on their own.



## FENUGREEK

Fenugreek organic sprouting seeds produce large, vigorous sprouts with a mild but exotic flavour. Fenugreek provides high quality protein, fibre, and wealth of vitamins, including A, B1, B2, B3, B5, B6, B15, B17, C, D, E, H, folic acid, and fatty acids. Its mineral profile includes calcium, chromium, iodine, iron, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, silicon, sodium, sulphur, and zinc. Fenugreek sprouts are truly a super-food. Add them to sandwiches, soups, and salads, or toss with sesame oil and enjoy them on their own.



## GREEN LENTILS

As the green skins split, they reveal the succulent yellow interior, and that's the time to harvest sprouted lentils. Green Lentil sprouts are an excellent source of vitamins A, B, C, and E. They are also packed with calcium, iron, niacin, phosphorus, and magnesium. Grow them for a good source of fibre, amino acids, and protein. Because they are harvested just as the root emerges from the seed, they are very fast to produce, being ready to harvest after only two to three days. They work well in the Biosta Kitchen sprouter or simply in Mason jars with a screen attached.



## GREEN PEAS

Green peas sprouts are among our most popular sprouting seeds, producing large, mild sprouts. Some growers like to enjoy pea sprouts just after germination, when they are still crunchy and sweet like freshly picked garden peas. Others prefer to let the root and stem grow for a day or two, and harvest them more like long pea shoots. Green peas also make splendid microgreens if grown in soil. No matter how they are grown, pea sprouts have an appealing texture and flavour, and can stand alone as a salad. They also add a nice touch to stir-fries, but be sure to add them near the end of cooking, so they maintain their magical crunch.





## MUNG BEANS

These are the familiar “bean sprouts” that are widely available in stores and restaurants. Mung bean sprouts are powerhouses of nutrition and are high in Vitamins A, B, C, and E, calcium, iron, magnesium, potassium, and amino acids. They are also low in salicylate. In Chinese medicine, mung bean sprouts are considered to be a yin or cooling food. Use them in salads and stir-fries. Situate the sprouter away from any bright lights or mung bean sprouts can develop a bitter flavour. Rinse as often as possible and harvest when the bright white sprouts are about 1”-2” long.



## RED CLOVER

Red clover sprouts are very fast and easy. Mild and delicious, red clover sprouts are one of the highest dietary sources of isoflavones. Vitamins A, B, C, E, and K, calcium, iron, magnesium, phosphorus, potassium, zinc, carotene, chlorophyll, and amino acids. Similar to alfalfa sprouts in flavour, clover sprouts are nutty and mild, but tiny. Their first leaves have a lighter colour and they shed their hulls more easily than alfalfa. They also last longer in the fridge.

## RED RADISH

Red Radish sprouting seeds are probably the fastest to sprout. Red radish sprouts have quite a bit of the heat associated with garden radishes, so they’re not for the faint of heart. First comes the intense flavour, and then a wave of powerful heat, almost like wasabi. Red Radish sprouts are highly nutritious and an excellent source of fibre, vitamin C, and folate. They are packed with antioxidants, and very easily digestible, so the body can take advantage of the whole nutrient package without burning a lot of calories. Radish sprouts tend to develop very fine micro-roots that can look fuzzy — don’t confuse this natural growth as mold or mildew.



## WHEATGRASS

Wheatgrass sprouts are incredibly rich in chlorophyll and antioxidant enzymes, and provide Vitamins B-12, B-6, C, and K. Hard Red Wheat sprouts have a light, delicious flavour reminiscent of freshly picked corn. Wheatgrass seeds can also be used for growing cat grass, and the sprouts can be fed to dogs, rabbits, and other pets.



# Sprouting Seeds

## YELLOW MUSTARD

Yellow Mustard sprouts have a fine, slightly spicy flavour that is reminiscent of horseradish. Mustard sprouts are packed with vitamins, minerals, and antioxidants. They're high in dietary fibre and contain 30–35% protein. In only four days mustard sprouts will be ready to eat.



## FANTASTIC FOUR SPROUTING COLLECTION

The Fantastic Four Sprouting Collection makes an excellent introduction to sprouting. It contains a selection of four of our most popular sprouts: Mild Alfalfa, Crunchy Red Clover, Diverse Salad Blend, and Spicy Red Radish. They are individually packaged 40g at a time, so there's no big commitment to using up a giant quantity of seeds. Explore the wide range of flavours and sizes of sprouts, and then experiment with blending custom sprout mixes. These nutritious super-foods are ready to eat just four days after starting.



## DELUXE BLEND

For real variety, choose the Deluxe Blend which includes mung beans, adzuki beans, lentils, chickpeas, red clover, and red radish sprouting seeds. The combination of large sprouts and small, delicate sprouts is very appealing in terms of texture. The varied flavours combine for a delicious medley



that improves salads, soups, and stir-fried dishes. The Deluxe Blend will be ready to harvest in just four to five days from starting. Fresh, easy-to-grow food you can grow in your own kitchen. Now that's eating locally!

## GO-GO BLEND

The Go-Go Blend of organic sprouting seeds includes alfalfa, red clover, red radish, yellow mustard, and fenugreek for an amazing combination of flavours and textures. It adds zing to salads and sandwiches, and contains the combined health benefits of all these delicious sprouting seeds.



Get the most out of your sprouts with the Go-Go Blend. Eat the delicious sprouts raw in salads, or toss some into stir-fries or noodle dishes. This fast-growing sprout blend is ready to harvest in just 4 to 5 days. The range of sizes, textures, and flavours in this blend add intense nutrition to any meal. Rich in vitamins A, B, C, & E, calcium, iron, magnesium, phosphorus, potassium, zinc, carotene, chlorophyll, and phyto-nutrients that promote breast health in women.

## GOURMET BLEND

Our Gourmet Blend of organic sprouting seeds is a superb selection of big sprouts, full of flavour and nutrients. This blend includes mung beans, green lentils, chickpeas, yellow soy, and red radish. Sprouts are easier to digest than mature plants, so the human body takes better advantage of the powerful nutrients within. This blend provides vitamins, minerals, protein, and dietary fibre, all in a form that is easily digested. The Gourmet Blend makes a wonderful, simple salad on its own. Serve it plain or with a dressing, or use a clump of the nutritious sprouts to fill out a decadent submarine sandwich.



## SALAD BLEND

Mung beans, adzuki beans, chickpeas, red clover, radish, and green lentils — big, crunchy sprouts that are perfect as a salad topping, or as a salad on their own. This is the perfect mix of mild, but distinct flavours that combine for a deeply satisfying garnish or side course. This blend handles dressing beautifully. Grow Salad Blend organic sprouting seeds using the Biosta sprouter and harvest handfuls of perfect sprouts in only four to five days. This sprout blend has been a popular seller at West Coast Seeds for many years, and is much loved for its substantial sprouts and their mild flavour.

## SANDWICH BOOSTER MIX

The Sandwich Booster Mix is composed of alfalfa, mung beans, red clover, and red radish. This is the combination that some studies suggest can prevent the spread of cancer cells and other serious health problems. This delicious mix is superb in salad rolls and really adds nutritious crunch to salads and sandwiches. The blend has an appealing, crunchy texture, with a bit of succulence from the mung beans.



# Sprouting Accessories



## STAINLESS STEEL SPROUTING SCREEN

This Stainless Steel Sprouting Screen is convex, so it has improved drainage when the sprouting jar is inverted after each rinse. It fits any conventional 9cm (3") Mason-type sealing jar and allows for the free exchange of both water and oxygen to sprouting seeds. Be sure that the convex (dome-shaped) side is facing inward, toward the sprouts. This screen will not rust.



## STAINLESS STEEL SPROUTING RING

Typically, the ring fasteners that come with sealing jars are made from steel, but they sometimes rust. This can cause the appearance of rust on stainless steel sprouting screens around the outer edge. While this does not pose a health risk, it is cosmetically unappealing. The Stainless Steel Sprouting Ring will not rust, no matter how many consecutive uses, so it's a happy solution to an old problem. Sprout alfalfa, mung beans, and all the other favourite sprouts with confidence. It will hold a screen in place over the mouth of wide mouth Mason, Kerr, and other types of sealing jars.



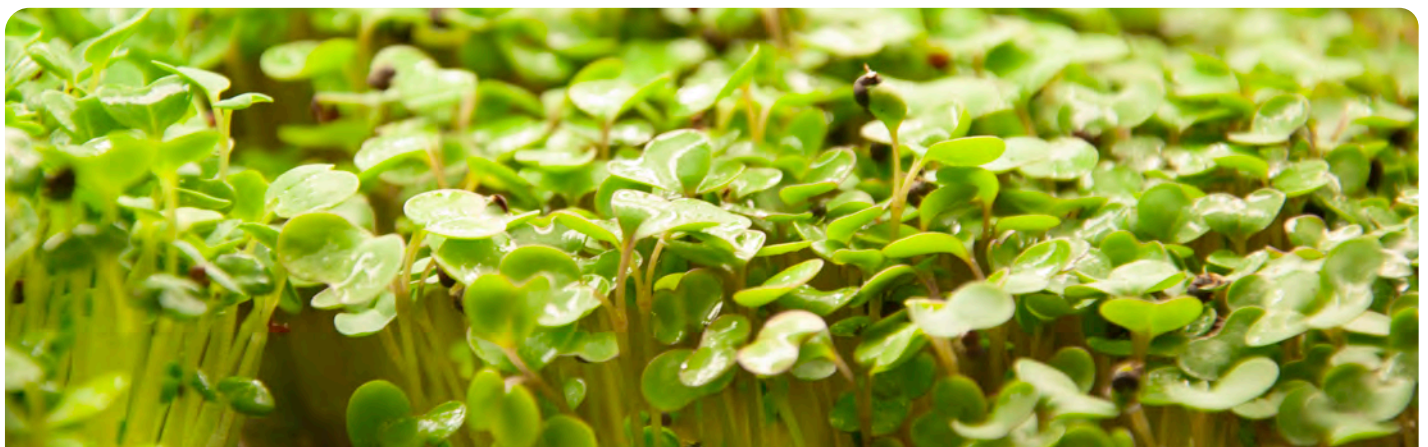
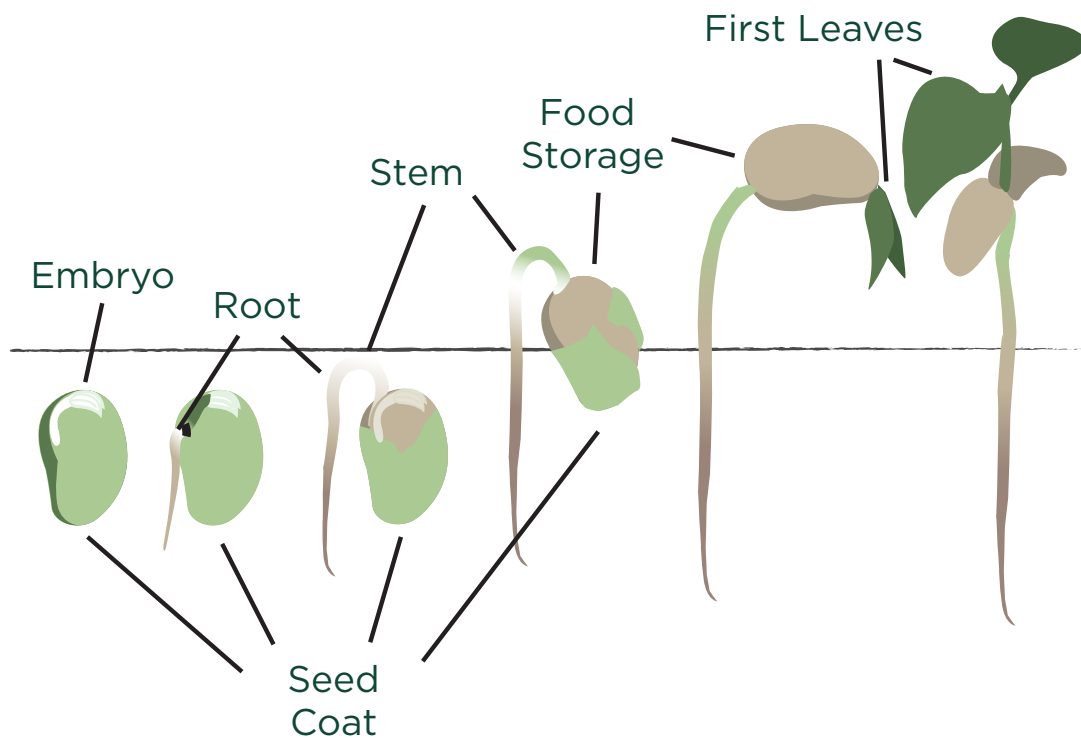
## CERTIFIED ORGANIC & PATHOGEN FREE

All our sprouting seeds are Certified Organic, meaning they were produced on farms that do not use chemical fertilizer or pesticides. Our sprouting seeds have also been screened for pathogens like E. coli and salmonella, so they are clean and ready for safe sprouting at home.



# Microgreens

Microgreens, like sprouts, are crunchy, flavourful, and packed with nutrition, but are grown in soil or other media. Unlike sprouts, timing is more flexible, which means seeds that by their nature take longer to germinate can be used. This includes basil, mint, carrots, beets, amaranth, and many others. The range of flavours and colours is nearly limitless. They can be used in salads and sandwiches, or simply to add an exotic garnish to others dishes.



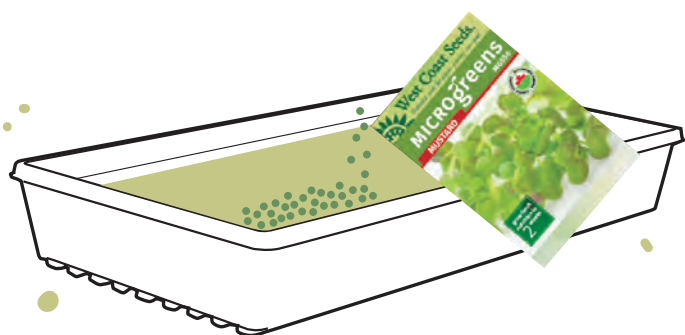
# Microgreen Seeds

All edible vegetables, flowers, and herbs are fit for growing as microgreens. We have selected some of our favourites below as a great introduction to the potential of growing crops this way. After experimenting with some of the products that follow, we encourage gardeners to branch out and discover more unique and nutritious microgreens. In our trials, we found that sweet corn microgreens are intensely sweet – sugary even. Nasturtium microgreens are profoundly peppery and hot. Even a few microgreens added as a garnish can elevate a meal.

## GROWING MICROGREENS

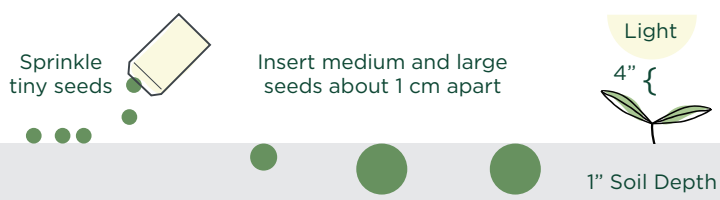
### 1 Choosing a Container

Select any shallow container with drainage holes on the bottom, and fill it with a few centimeters of seedling soil. Be sure to use sterilized soil rather than soil from the garden. As with sprouts, keeping all aspects of microgreen production will prevent the introduction of pathogens and mould.



### 2 Sowing

For tiny seeds like arugula and mustard, just sprinkle the seeds evenly across the surface of the soil. For larger seeds like sunflowers or beets, insert individual seeds evenly, but densely, so they are just covered by soil.

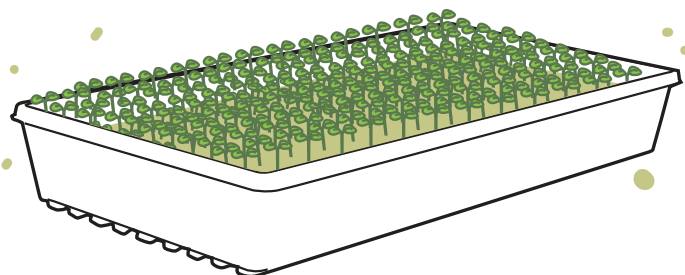


### 3 Starting

Water with a mister from above, or soak from below in a dish of water, and then remove the container so that the soil drains freely.

### 4 Harvest

Keep the soil just moist, not wet, and harvest any time after the first pair of leaves open. Cut with scissors at the soil level, or pull up the whole seedlings and rinse them under cold water to remove any soil.



# Microgreen Seeds

## Micro-Amaranth

Amaranth microgreens have a nutty, rich flavour and are 15% protein. They're rich in vitamins A, B, C, and E, calcium, iron, magnesium, niacin, phosphorus, potassium, and amino acids.



## Micro-Arugula

These richly flavoured greens provide vitamins A, B, C, and E, as well as calcium, iron, magnesium, niacin, phosphorus, potassium, and essential amino acids. Arugula greens contain up to 25% protein.



## Micro-Beets

These have a mild, spinach-like flavour. Their intensely purple stems and bright green leaves are even more nutrient-dense than mature beets. Try them as a replacement for baby spinach in salads.



## Microgreen Basil Pesto Recipe

Inspired by microgreens, Danille Finestone, the founder of ToFoodies, submitted this delicious microgreen basil pesto recipe. It's easy to make, tastes amazing, and pairs excellently with your favourite pasta.



### Pesto Ingredients

- 1 cup of microgreens (We chose arugula and broccoli)
- 1 cup of basil
- ¼ cup ramps (After Blanching) or 1 clove of garlic
- ¼ cup of almonds
- ¼ cup of grated parmesan cheese
- 1 tablespoon of lemon zest
- Olive oil
- Salt and pepper to taste

### Additional ingredients and garnishes

- Pasta of your choice
- Finely grated parmesan cheese
- Pea shoots
- Broccoli microgreens
- Arugula microgreens



Blanch your ramps by boiling in salted hot water for two minutes, then placing them in ice water and set aside to dry off. If ramps aren't in season, skip this step and add 1 clove of garlic to the next step instead. Blend your ramps in a blender or food processor first with two tablespoons of olive oil. Then, add in the rest of the pesto ingredients and blend together until you are at your desired consistency. To thin out the pesto, add in more olive oil one tablespoon at a time. Pair with a plate of fresh pasta and garnish with parmesan cheese, add broccoli & arugula microgreens and pea shoots on top. Follow @tofoodies on Instagram for more recipe inspiration and food-focused posts.



# Microgreen Seeds

## Spicy Sprouts Grilled Cheese Recipe

If you're a fan of this perennial kids' favourite, this is Grilled Cheese Sandwich for adults. Add a bit more kick to your sandwich by creating it with the strong flavours of parmesan cheese and mustard microgreens. This is the perfect addition to a Sunday brunch, tucked in right beside the omelet.

- 125 mL (½ cup) grated parmesan
- 250 mL (1 cup) mustard seed microgreens
- 5 mL (1 teaspoon) olive oil
- 5 mL (1 teaspoon) balsamic vinegar
- Baguette



Tuck in to a Spicy Sprouts Grilled Cheese Sandwich that has some style! First, start growing your greens. To grow your microgreens, plant brown mustard seeds under lights or on a sunny windowsill at least a week before you plan to harvest them. Mist them daily and harvest them by clipping them with scissors once they've grown a strong stalk and two little leaves at the top. These microgreens are packed with spicy flavour. Now grate your block of parmesan cheese. Split open a baguette and place a sandwich-sized chunk in front of you, soft side up. Sprinkle the parmesan cheese onto the baguette and place it in the oven on broil for several minutes, just long enough for the parmesan to begin to melt. Take the baguette out of the oven and place it cheese side up on a plate. Toss the microgreens in equal parts olive oil and balsamic vinegar, then sprinkle them on top of the cheese. Enjoy the spicy, sour, and bitter toppings mingled with the soft and crunchy textures of French bread.



### Micro-Broccoli

The delectable crunch and flavour accompanies all the nutrients of broccoli sprouts. Raw broccoli contains masses of vitamins, and the cancer fighting compound sulphoraphane. As immature microgreens, the whole nutrient package is much easier to digest.



### Micro-Fenugreek

Very fragrant and super-nutritious, these little greens contain vitamins A, B, C, & E, calcium, iron, magnesium, phosphorus, potassium, zinc, carotene, chlorophyll, and nutrients that are thought to combat a host of diseases.



### Micro-Kale

These mild-tasting greens look very nice if the first true leaves are allowed to emerge. They are high in vitamins A, B, C, E, and K, as well as calcium, iron, magnesium, phosphorus, potassium, zinc, carotene, amino acids, and protein.





# Microgreen Seeds

## Micro-Mustard

So close to horseradish in flavour, they make a fine complement to roast beef or sushi. Micro-Mustard is a superb source of carotene and antioxidants, as well as a host of vitamins and minerals. The colour is intense green.



flavour reminiscent of carrots. Add some to a salad or sandwich or serve as a refreshing and nutritious side dish.

## Micro-Swiss Chard

Swiss chard microgreens are so brightly coloured, they provide dishes with a painterly flair. Delicate, pale green leaves atop eye-catching, bright red or pink stems. They are incredibly rich in vitamins A, C, and K.



## Micro-Pac Choi

Pac Choi microgreens are milder than their cousins the mustards, and not as pungent as their other cousins in the Brassica family. But they contain very high amounts of vitamins and minerals, and of course, chlorophyll and amino acids.



## Two Week Microgreen Blend

Plant this crunchy, highly flavourful blend and enjoy a harvest window of several days, just two weeks later. The blend contains arugula, cabbage, red kale, pac choi, radish, and fenugreek.



## Micro-Peas (Pea Shoots)

Fast and easy to grow, pea shoots contain seven times more vitamin C than blueberries, eight times the folic acid of bean sprouts, and four times more vitamin A than tomatoes. Keep a small batch of these super-foods growing in the kitchen to add to salads and nearly any other dish.

## Micro-Sunflower

Sunflower microgreens are chunky like big bean sprouts, with a pleasingly crunchy texture and a



## Three Week Microgreen Blend

This blend contains gold, pink, crimson, and chlorophyll-rich greens. It is spicy, crunchy, succulent, and eye-catching. This blend contains amaranth, orach, purslane, komatsuna, shungiku, and sorrel.

# Microgreen Accessories



## SUNBLASTER T5HO GROWLIGHT GARDEN

The SunBlaster T5HO Growlight Garden is the perfect kit for indoor salad or microgreen production. The compact size and shape of this unit is ideal for table or kitchen counter-top use. The base is a sturdy aluminum tray that acts as a reservoir for water. In this tray sits a stand covered by a sheet of absorbent cloth that draws water up and into the bottoms of the planted seed trays by capillary action. Two 6400 Kelvin T5 fluorescent tubes and a curved reflective hood flood the growing area in full spectrum light, while using 20% less electricity. The hood's height is fully adjustable. Once seedlings sprout, lower the hood to about 10cm (4") from the tops of the plants, and they will grow bushy, strong, and compact. The SunBlaster T5HO Growlight Garden is also ideal for starting seedlings. It includes four reusable segmented trays for planting, the reservoir stand, multi-layered wicking sheet for optional "self-watering," and full instructions. All plastic components are 100% recycled.

## MICROGREENS TRAY

Designed and produced with microgreen production in mind, these Microgreen Trays are made from a thicker gauge plastic than conventional Seedling Germination Trays. They are sturdier, and will stand up to repeated uses. They're the same length and width as Germination Trays, but shallower at only 3.5cm (1 1/4") deep. With only a few trays, a perpetual harvest of nutritious microgreens is possible by staggering the planting times. As with our other trays, inserts, and domes, volume pricing is available. These trays are available with drainage holes or without holes. They are made from food-safe polystyrene.



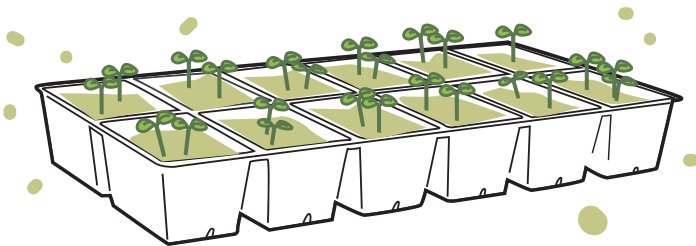
# Microgreens Accessories

## TERRAFIBRE HEMP GROW MATS 5 X 5

We love this innovative product line manufactured in Alberta. Composed of long fibres from the hemp plant, these mats form the perfect material for root stabilization for any short rotation crops. Use them for sprouts, microgreens, or for any other seedling starts. They're ideal for growing wheatgrass. Once the harvest has been taken, the whole thing can be composted — it's 100% biodegradable. Peat-based products are not ideal since they are harvested from peat bogs. Coir is a great option, but it is transported from the tropics. Terrafibre is a superbly sustainable option. This package contains 40 sheets cut to 5x5 inches so that 8 laid flat would fit standard 10x20 planting (or microgreen) trays.



retaining medium that is ideal for germinating seeds. We have been running a microgreen demonstration of the SunBlaster Growlight Garden for several years in our retail store using this sterilized Seedling Soil, and we are convinced of its quality.



## SEEDING SOIL

This is the best soil for growing microgreens in trays or containers. It prevents the introduction of foreign seeds, insects, and mould. At the same time, it provides a light, fluffy, moisture-



## Planting Tip

**It is best practice to always use fresh seedling soil for each batch of microgreens. Soil that has been harvested from previously will contain roots and other residual organic matter which may begin to decompose. This can encourage the growth of mould, which is not desirable. Just like any other kind of food preparation, it's better to keep all materials clean and fresh. Spent seedling soil can be composted or used as a mulch in garden beds.**



Thank you for choosing West Coast  
Seeds as your sprouting and microgreen  
seed and equipment supplier.

Providing Quality Seeds from  
Coast to Coast to Coast.

West Coast Seeds

5300 34B Avenue, Delta, BC V4L 2P1 • T 604 952 8828 • TF 888 804 8820