

Sprouts Comparison Chart



Alfalfa



Bean, Mung



Broccoli



Broccoli, Sano Verde Max



Fenugreek



Kale, Red Russian



Onion



Radish, China Rose



Radish, Daikon



Wheat, Hard Red Winter

	Flavor	Days to Sprout	Qty of Seed	Approx. Yield	1 oz.	1/4 Lb.	1 Lb.	5 Lbs. @/Lb.	25 Lbs. @/Lb.	
Alfalfa	2150 OG	Nutty, mild	4-6	1 tbsp.	2-3 c.	\$3.64	\$6.07	\$14.81	\$13.10	\$11.00
Bean, Mung	2156 OG	Mild bean	4-6	1/4 c.	2-3 c.	\$4.10	\$6.80	\$11.80	\$10.70	\$8.95
Broccoli	2108	Mild broccoli	5-7	1 tbsp.	1-1 1/2 c.	\$4.35	\$8.60	\$15.55	\$13.59	\$11.52
Broccoli, Sano Verde Max	5560SG OG	Mildly spicy broccoli	5-7	1 tbsp.	1-1 1/2 c.	\$7.80	\$10.15	\$24.85	\$22.80	\$21.48
Fenugreek	2870 OG	Rich, herbal, nutty, bitter	2-5	1 tbsp.	1 1/2 c.	\$4.40	\$7.30	\$12.65	\$11.45	\$9.58
Kale, Red Russian	2159G OG	Mild kale	5-7	1 tbsp.	1 c.	\$8.90	\$16.25	\$48.50	\$44.75	\$41.49
Onion	2106G OG	Mild onion	12-14	1 tbsp.	1 1/2-2 c.	\$7.55	\$15.55	\$46.10	\$36.33	\$30.62
Radish, China Rose	2154 OG	Spicy radish	2-5	1 tbsp.	1-2 c.	\$4.40	\$9.20	\$16.85	\$12.63	\$11.45
Radish, Daikon	2155 OG	Mild radish	2-5	1 tbsp.	1-2 c.	\$4.65	\$7.73	\$15.21	\$9.50	\$7.04
Sprouting Mix	3064G OG	Mildly spicy	4-6	1 tbsp.	1 c.	\$7.45	\$15.55	\$44.05	\$35.42	\$30.03
Wheat, Hard Red Winter	2162 OG	Sweet, malty	2-5	1/2 c.	2-3 c.	\$3.50	\$5.00	\$8.85	\$5.60	\$3.12

– all sprouts are suitable for hydroponic growing OG = Organic Seeds

Sprouting Mix 3064G

EXCLUSIVE! A mix of organic sprouting seeds. Various shades of green leaves and pink-and-white stems with a crisp, mildly spicy flavor. Mix includes: broccoli, radish, alfalfa, and kale. OG



Bioset Germinator Kit 9280K

Experience a wide range of flavors. Kit includes Bioset Germinator (#9280) and five 1-oz. bags of seed for sprouting: alfalfa, mung bean, broccoli, radish, and Hard Red Winter Wheat. Makes a great gift. All components of the Bioset Germinator are bisphenol A (BPA) free. Sprout varieties included are subject to change depending upon availability.



Broccoli, Sano Verde Max 5560SG

EXCLUSIVE! High-glucoraphanin broccoli sprout. Unique variety selected for consistent and high levels of glucoraphanin, a precursor to the widely studied, powerful antioxidant sulforaphane. Developed in a traditional breeding program over 20 years. Plant Variety Protected. OG

Sprouting Mix

Bioset Germinator and Sano Verde Max