

Variety	Seed Category	Difficulty Level	Seed Count per Gram	10x20 Tray Density	Sprout in Low Temp.	Soaking	Watering	Blackout in Days	Days Under Light	Total Growing Time	Taste	Stem Color	Leaves Color	Nutrition Benefits
AlfaAlfa		☆☆☆	490	26,5				2-3	5	7-8	Subtle flavor			A, B, E, K, Ca, Fe, Mg, P
Anise		☆☆☆	80	18,5				5-7	14	19-21	Essential, spicy			A, B, C
Amaranth Red		☆☆☆	1500	16				3-4	12	15-16	Mild, slightly nutty, similar to beetroot			C, E, K, Ca, Fe
Arugula		☆☆☆	400	23,7				2-3	5	7-8	Peppery, sour			A, C, K, Ca,
Asian Micro Mix		☆☆☆	300	40				3	4-5	7-8	Spicy			A, B, C, K, Ca, Fe
Basil, Italian		☆☆☆	700	20				5-6	14	19-20	Intense, Cooling			A, C, K, Ca, Mg, Zn
Basil, Opal Red		☆☆☆	700	20				6-7	14	20-21	Basil, Sweet			A, B6, C, E, K, Ca, Fe, Mg, Zn
Beet, Bulls Blood red		☆☆☆	75	100				3-4	10-12	13-16	Earthy flavor			A, C, K, Ca, K, Mg, Zn
Beet, Yellow		☆☆☆	75	110				3-4	12	15-16	Earthy, beetroot			A, C, K
Borage, Violet		☆☆☆	50	70				4-5	10-12	14-17	Cucumber			B, C, K
Broccoli Raab		☆☆☆	200	37				2-3	6-8	7-9	Mild peppery			A, C, D, Ca, Fe
Broccoli Calabrese		☆☆☆	200	50				2-3	8-9	7-9	Mild, fresh, slightly horseradish of cabbage			A, B1, B2, C, Ca, Fe, Mg, P
Cabbage, Red		☆☆☆	250	45				3-4	6	9-10	Cabbage			C, K, Ca, I, Mg, S
Carrot, Falla		☆☆☆	900	26				5-7	12	17-19	Mild and delicate of Carrot			A, B6, C, Ca, Fe, Mg, Mn, Na, P
Celery, Leafy		☆☆☆	2500	6,5				5-6	14	19-20	Sharp			A, E, K, Ca, Fe, Mg
Chervil		☆☆☆	400	39				5-6	12	17-18	Sweet, reminiscent of Anise, Fennel and Parsley			A, C, Fe, Mg
Chickpea		☆☆☆	4	300				3	6	9	Nutty flavor			Ca, Fe, K, P
Cilantro, Coriander		☆☆☆	80	34				5-6	14	19-20	Citrusy			C, E, K
Cress		☆☆☆	450	32				2	5	7	Fresh, spicy			A, B3, E, K, Ca, Fe, Mg, P
Dichondra repens		☆☆☆		25				4	10-15	14-19	Fresh			A, C, E
Dill, Dakota		☆☆☆	900	33				5-6	14	19-20	Sweet, savory with hints of Grassy and Lemon Notes			A, B, C, E, Fe, K, Zn,
Fava Bean		☆☆☆	3	450				6	9-11	15-17	Creamy, Earthy, Nutty, Slightly Sweet			B1, B6, C, Cu, Fe, K, Mg, Mn, P, Se,
Fenugreek		☆☆☆	70	50				3	6	9	Curry, Garam masala			B3, C, Fe, K
Fennel		☆☆☆	900	33				5-6	14	19-20	Anise Smell With			C, E, K, P
Kale, Red Russian		☆☆☆	350	28,5				3	5	8	Bitter, Sweet			A, B, C, E, K
Kohlrabi, Red		☆☆☆	250	28				3	4	7	Light Cabbage Taste			C, B6, Ca, Fe
Komatsuna, Red		☆☆☆	250	24				3	7-9	10-12	Mild Sweetness			A, K
Lentils, Red		☆☆☆	21	150				4	6	10	Nutral, Raw			A, C, Fe, Ca
Lemon Balm		☆☆☆	1700	5				10-15	14	24-29	Fresh Lemon			Zn, Ca, I
Lupine		☆☆☆	4	230				3-5	7	10-12	Umami			A
Melon		☆☆☆	100	150				5-6	11-14	16-20	Sweet, Crispy			C
Mizuna, Red Frills		☆☆☆	350	18				3-4	4-8	7-12	Spicy			A, C, K, Foliate, Mg
Mung Bean		☆☆☆	10	215				3-4	5	8-9	Neutral			E, B1, B2, B3, B6, Ca, Mg, P
Mustard, Red Giant		☆☆☆	529	35				3	5-8	8-11	Spicy			A, C, E, K
Mustard, Radd		☆☆☆	529	35				3	5-8	8-11	Spicy			A, C, K
Mustard, White		☆☆☆	529	31				3	7-8	10-11	Spicy			A, C,
Mustard, Black		☆☆☆	529	31				3	7-8	10-11	Spicy			A, C, E, K
Mustard, Chinese Brown		☆☆☆	529	31				3	7-8	10-11	Spicy			A, C
Onion, Barbra		☆☆☆	350	50				6	5	11	Onion			C
Pak Choi, White Stem		☆☆☆	300	40				3-4	6-8	9-12	Mild Sweetness			A, C, E, K
Pak Choi, Red Leafes		☆☆☆	300	40				3-4	6-8	9-12	Mild Sweetness			A, C, E, K
Parsley		☆☆☆	500	25				7	14-16	21-23	Pure Strong Parsley			A, C, K, P, Ca, Mg
Parsley, curly		☆☆☆	500	25				7	14-16	21-23	Pure Strong Parsley			A, C, K, P, Ca, Mg
Pea, Frilly		☆☆☆	4	280				5	11	16	Fresh, Slightly nutty & Sweet			A, C, K, Ca, Mg
Pea, Jumbo		☆☆☆	4	280				5	11	16	Fresh, Slightly nutty & Sweet			A, C, K, Ca, Mg
Pea, Salad		☆☆☆	4	280				5	11	16	Fresh, Slightly nutty & Sweet			