



MICROGREENS VARIETIES COMPARISON CHART

Vegetables — Fast-Growing Microgreen Varieties (10–15 days)

Variety	Part #	Description	Flavor	1 Oz.	1/4 Lb.	1 Lb.	5 Lbs. @/Lb.	25 Lbs. @/Lb.
Arugula	2891MG OG	Purple stems.	Spicy, nutty	\$8.35	\$11.50	\$34.55	\$30.70	\$28.27
	385M			\$6.50	\$7.85	\$19.75	\$16.38	\$14.04
Broccoli	2290MG OG	Dark green leaves. Long stems.	Mild	\$7.85	\$10.25	\$24.95	\$21.73	\$18.46
	2290M			\$4.50	\$7.80	\$14.05	\$12.27	\$10.40
Cabbage, Red	2230MG OG	Glossy, dark green leaves, purple stems.	Mild	\$8.60	\$14.05	\$43.45	\$39.46	\$35.76
	2230M			\$7.50	\$9.65	\$22.45	\$20.18	\$17.26
Chinese Cabbage, Tokyo Bekana	2251MG OG	Large, bright green leaves.	Mild	\$11.60	\$29.50	\$97.25	\$88.09	\$81.13
	2251M			\$8.15	\$13.20	\$38.75	\$36.50	\$33.80
Cress, Cressida	382MG OG	Fancy three-lobed leaves.	Spicy, peppery	\$8.35	\$13.45	\$37.40	\$33.34	\$30.70
	382M			\$8.15	\$11.25	\$33.75	\$29.95	\$27.54
Kale, Bright Green Curly	4085MG OG	Vibrant, bright green leaves and stems.	Mild	\$10.15	\$23.55	\$71.70	\$64.20	\$58.85
Kale, KX-1	4112MG OG	Glossy, serrated red leaves.	Mild	\$18.50	\$41.90	\$136.85	\$127.97	\$120.48
	4112M			\$9.35	\$21.15	\$67.40	\$61.36	\$57.20
Kale, Purple Reign	4610M	Dark purple, serrated leaves and purple stems.	Mild	\$10.25	\$26.40	\$76.10	\$70.72	\$66.56
Kale, Red Russian	363MG OG	Medium-green leaves, bright purple stems and leaf margins.	Mild	\$8.95	\$16.35	\$48.65	\$44.89	\$41.62
	363M			\$7.65	\$10.00	\$27.40	\$22.26	\$19.24
Kale, Toscano	2123MG OG	Dark blue-green leaves, light green stems.	Mild	\$10.80	\$25.60	\$76.75	\$68.84	\$61.19
	2123M			\$7.10	\$11.65	\$36.05	\$32.86	\$29.70
Kohlrabi, Purple	2237MG OG	Dark green leaves, purple stems.	Mild	\$8.35	\$13.45	\$38.20	\$34.41	\$32.07
	2237M			\$5.20	\$7.85	\$15.65	\$13.00	\$11.44
Mizuna	2883MG OG	Serrated green leaves, white stems.	Mild	\$8.95	\$16.35	\$48.65	\$45.36	\$41.62
	4546M			\$8.10	\$11.25	\$33.75	\$29.95	\$27.56
Mizuna, Red Kingdom	3748M	Red leaves, green stems.	Mild	\$15.05	\$34.90	\$118.65	\$109.20	\$101.09
Mustard, Garnet Giant	2797MG OG	Contrasting, bright green and red leaves.	Spicy	\$11.15	\$25.60	\$79.70	\$72.06	\$66.78
	2797M			\$9.35	\$21.15	\$67.40	\$61.15	\$57.30
Mustard, Miz America	3749M	Dark red leaves, light green stems.	Mild mustard	\$15.05	\$34.90	\$118.65	\$109.98	\$102.09
Mustard, Red Giant	2884MG OG	Green leaves, red veins.	Spicy	\$9.60	\$19.75	\$58.25	\$54.97	\$51.06
	2740MG OG			\$11.15	\$28.40	\$82.55	\$75.96	\$70.26
Mustard, Ruby Streaks	2740M	Deeply serrated green and maroon leaves.	Spicy	\$9.35	\$22.90	\$69.85	\$63.70	\$58.45
Mustard, Scarlet Frills	2530M	Intricately lobed, contrasting green-red leaves.	Very spicy	\$12.00	\$30.65	\$97.40	\$89.08	\$82.68
Mustard, Wasabina	4396M	Heavily frilled green leaves.	Spicy	\$8.80	\$16.60	\$49.55	\$45.34	\$42.02
Pac Choi, Red Choi	4664MG OG	Red, spoon-shaped leaves.	Mild	\$10.55	\$24.25	\$73.85	\$68.58	\$58.02
Pac Choi, Red Pac	3168M	Spoon-shaped dark red leaves, green stems.	Mild	\$8.44	\$19.40	\$59.08	\$50.00	\$46.42
Radish, Daikon	2155MG OG	Lofty. White stems, green leaves.	Spicy	\$4.65	\$7.60	\$13.35	\$12.03	\$10.13
Radish, Hong Vit	2461M	Lofty. Purple stems, green leaves.	Spicy	\$7.50	\$10.85	\$28.85	\$26.88	\$24.34
Radish, Purple Stem	4107MG OG	Lofty. Purple stems, green leaves.	Spicy	\$4.75	\$7.90	\$14.25	\$12.45	\$10.55
	2539MG OG			\$7.50	\$13.10	\$39.30	\$37.00	\$35.00
Radish, Red Rambo	2539M	Lofty. Purple leaves and stems, small percentage green plants.	Spicy	\$7.40	\$11.20	\$31.95	\$28.20	\$26.20
Radish, Red Stem	4105MG OG	Lofty. Brilliant red stems and green leaves.	Spicy	\$4.75	\$7.90	\$14.25	\$12.44	\$10.55
	4105M			\$4.70	\$7.80	\$14.05	\$12.27	\$10.40
Tatsoi	2897MG OG	Dark green, spoon-shaped leaves.	Mild	\$8.95	\$17.00	\$50.75	\$46.53	\$43.04

☞ — all microgreens are suitable for hydroponic growing

Vegetables — Slow-Growing Microgreen Varieties (16–25 days)

Variety	Part #	Description	Flavor	1 Oz.	1/4 Lb.	1 Lb.	5 Lbs. @/Lb.	25 Lbs. @/Lb.
Alfalfa	2150MG OG	Delicate appearance.	Nutty, pea-like	\$4.65	\$8.00	\$13.35	\$12.45	\$11.82
Amaranth, Bicolor	4426M	Coppery leaves, magenta centers, backs, and stems.	Mild, earthy	\$8.85	\$18.20	\$53.05	\$49.50	\$44.10
Amaranth, Garnet Red	2247MG OG	Fuchsia-colored leaves and stems.	Mild, earthy	\$8.65	\$17.35	\$60.00	\$54.00	\$50.00
	2247M			\$7.30	\$10.85	\$28.85	\$26.88	\$24.44
Beet, Bull's Blood	2912M	Lofty. Red leaves, red stems.	Earthy	\$7.70	\$10.95	\$30.65	\$27.04	\$23.92
Beet, Early Wonder Tall Top	123M	Lofty. Bright green leaves, red stems.	Earthy	\$6.20	\$8.10	\$17.40	\$13.73	\$13.00
Beet, Red Beet	4544MG OG	Lofty. Bright green leaves, red stems.	Earthy	\$7.70	\$10.20	\$23.05	\$20.78	\$17.94
Beet, Red Leaf	4609MG OG	Lofty. Blend of red and dark green leaves with a red blush. Red stems.	Earthy	\$8.30	\$11.25	\$31.40	\$27.54	\$25.85
Beet, Yellow	2965M	Lofty. Bright green leaves, yellow stems.	Earthy	\$5.75	\$7.60	\$20.55	\$17.66	\$15.52
Carrot	2468MG OG	Feathery leaves.	Mild carrot	\$9.60	\$19.75	\$57.55	\$53.59	\$47.69
	2468M			\$7.65	\$10.15	\$27.40	\$23.56	\$20.90
Chard and Beet, Rainbow Sprinkles Mix	4106MG OG	Lofty. Red and green leaves, yellow, pink, red, and orange stems.	Earthy	\$8.10	\$25.60	\$76.75	\$69.00	\$61.61
	4106M			\$8.15	\$13.20	\$38.75	\$34.94	\$32.45
Dandelion, Red	3357M	Narrow green leaf with pink vein.	Mild, bitter	\$10.85	\$24.95	\$75.00	\$67.24	\$60.22
Orach, Ruby Red	3999MG OG	Lofty. Purple-red leaves and stems.	Earthy	\$22.40	\$57.55	\$195.75	\$181.46	\$175.13
Purslane, Red Gruner	2257M	Succulent leaves, white-pink stems.	Earthy	\$9.35	\$20.00	\$65.00	\$58.86	\$54.39
Scallion, Evergreen Hardy White	502M	Green, thread-like leaves.	Onion	\$9.35	\$19.30	\$56.40	\$52.00	\$46.59
Shungiku	514M	Serrated leaves.	Floral, earthy	\$8.80	\$16.60	\$49.55	\$45.45	\$42.02
Watercress	4427MG OG	Round, glossy, green leaves.	Spicy, peppery	\$39.05	\$103.40	\$353.40	\$305.95	\$263.75
	4427M			\$29.40	\$78.20	\$267.50	\$232.96	\$197.96

☞ — all microgreens are suitable for hydroponic growing

Herbs and Flowers — Microgreen Varieties

Variety	Part #	Description	Flavor	1 Oz.	1/4 Lb.	1 Lb.	5 Lbs. @/Lb.	25 Lbs. @/Lb.
Fast Growing (10–15 days)								
Borage	912MG OG	Broad, thick green leaves.	Mild cucumber	\$9.60	\$20.45	\$63.95	\$59.08	\$55.92
	912M			\$8.25	\$15.10	\$44.80	\$41.29	\$37.65
Celosia	3369M	Bright green leaves. Pink, orange, yellow veins and stems.	Mild, earthy	\$9.05	\$19.30	\$54.35	\$49.45	\$44.72
Sorrel	383M	Bright green leaves.	Lemon	\$9.35	\$20.00	\$67.60	\$62.40	\$58.24
Slow Growing (16–25 days)								
Basil, Bicolor	3374MG OG	Contrasting purple and green leaves.	Sweet-spicy	\$18.50	\$41.90	\$136.85	\$128.29	\$120.48
Basil, Cinnamon	906M	Light green leaves.	Sweet cinnamon	\$7.70	\$16.40	\$46.70	\$42.64	\$39.31
Basil, Dark Opal	902M	Mostly purple with some green leaves.	Sweet-spicy	\$9.35	\$19.30	\$56.90	\$53.72	\$49.92
Basil, Genovese	3303MG OG	Shiny green leaves.	Traditional basil	\$9.60	\$19.75	\$60.15	\$58.02	\$53.80
	3303M			\$7.65	\$10.00	\$27.05	\$23.92	\$21.84
Basil, Italian Large Leaf	944MG OG	Shiny green leaves.	Sweet-spicy	\$9.25	\$23.40	\$71.55	\$66.57	\$61.19
	944M			\$8.50	\$13.80	\$43.15	\$39.00	\$35.36
Basil, Lemon	774M	Green leaves.	Spicy, citrus	\$7.70	\$16.40	\$46.70	\$35.71	\$35.36
Basil, Red Rubin	924M	All purple leaves.	Sweet-spicy	\$11.35	\$28.30	\$90.25	\$83.20	\$82.00
Cilantro, Monogerm	3446MG OG	Preferred for microgreens. Germinates faster and sheds seed coat more readily than whole seeds.	Cilantro	\$7.05	\$8.40	\$21.85	\$19.20	\$16.88
	3446M			\$5.20	\$7.85	\$15.65	\$13.00	\$11.44
Dill	4111MG OG	Feathery leaves.	Mild dill	\$7.85	\$11.15	\$29.60	\$25.58	\$23.21
	920M			\$7.05	\$9.10	\$21.20	\$18.72	\$16.33
Fennel, Bronze	784MG OG	Feathery bronze leaves.	Mild fennel	\$23.60	\$60.45	\$207.25	\$195.70	\$176.18
Fennel, Green	3152MG OG	Feathery light green leaves.	Mild fennel	\$8.95	\$16.35	\$48.65	\$44.88	\$40.93
	3152M			\$7.50	\$9.65	\$22.45	\$20.28	\$17.32
Marigold, Gem	6023M	Intricate, fern-like leaves.	Spicy, citrus	\$32.45	\$127.15	\$483.45	\$435.76	—
Shiso, Britton	2943M	Green and purple ruffled leaves.	Clove, mint	\$16.65	\$40.05	\$140.40	\$131.04	\$124.80
Slow Growing (26–30 days)								
Anise Hyssop	3123M	Light green leaves, tinged with pink.	Licorice-mint	\$21.90	\$56.20	\$191.15	\$176.80	\$166.40
Chervil	2441M	Intricate green leaves.	Anise	\$7.65	\$10.15	\$27.40	\$23.56	\$20.70
Cutting Celery	922M	Intricate green leaves.	Mild celery	\$8.85	\$18.20	\$53.65	\$50.44	\$43.89
Lemon Balm	766M	Small green leaves.	Distinct lemon	\$18.40	\$44.60	\$156.00	\$138.32	\$122.72
Parsley	3770M	Intricate green leaves.	Mild parsley	\$4.50	\$7.00	\$12.25	\$11.13	\$8.94
Sorrel, Red Veined	2827MG OG	Bright green leaves with red veins.	Lemon	\$32.00	\$93.35	\$317.25	\$265.86	\$230.20
	2827M			\$24.95	\$72.70	\$245.25	\$206.54	\$176.80

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Microgreen Mixes

Variety	Part #	Description	Flavor	1 Oz.	1/4 Lb.	1 Lb.	5 Lbs. @/Lb.	25 lbs. @/Lb.
Fast-Growing (10–15 days)								
Kale, Kalefetti Mix	NEW 4175MG OG	A variety of leaf shapes and colors.	Mild	\$11.70	\$29.20	\$98.00	\$95.00	\$90.50
	4175M			\$10.85	\$28.00	\$80.65	\$74.67	\$68.64
Mild Micro Mix	2566G OG	Varying colors and textures.	Mild	\$8.10	\$26.40	\$75.95	\$68.58	\$63.30
	2566M			\$7.80	\$18.70	\$60.30	\$56.16	\$48.05
Radish, Confetti Mix	4119MG OG	Purple and green leaves with red, purple, and pink stems.	Spicy	\$7.80	\$11.80	\$33.70	\$29.75	\$27.64
	4119M			\$7.50	\$10.25	\$27.25	\$23.50	\$20.59
Spicy Micro Mix	2567G OG	Varying colors and textures.	Spicy	\$8.10	\$26.40	\$75.95	\$68.58	\$63.30
	2567M			\$7.80	\$18.70	\$60.30	\$56.16	\$50.96
Slow-Growing (16–25 days)								
Chard and Beet, Rainbow Sprinkles Mix	4106MG OG	Lofty. Red and green leaves, yellow, pink, red, and orange stems.	Earthy	\$8.10	\$25.60	\$76.75	\$69.00	\$61.61
	4106M			\$8.15	\$13.20	\$38.75	\$34.94	\$32.45

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Kalefetti Mix



Mild Micro Mix



Spicy Micro Mix



Rainbow Sprinkles Mix



Confetti Mix

Growing Microgreens

CULTURE: Grow in a greenhouse or protected area. Follow the germination guidelines for the specific variety being grown. However, you can generally be successful by following the guidelines for brassica family members: Grow in shallow trays or 20-row flats. Broadcast seed thickly on the media surface with seeds $\frac{1}{8}$ – $\frac{1}{4}$ " apart, press seeds firmly into media for maximum soil contact, and cover lightly with sowing mix, vermiculite, etc. Ideal soil temperature is 75°F (24°C) until germination, then reduced to 60°F (16°C). Optimal ambient temperatures are variety-specific, but 65–75°F (18–24°C) is generally a favorable range. Temperatures above 75°F can increase disease pressure and inhibit germination. Bottom water or mist to prevent sowing mix from splashing on the seedlings. Maintain even moisture and do not allow sowing medium to dry out. If fertilizing, incorporate fertilizer into the sowing mix before sowing, or use a bottom-watering system for liquid applications to avoid residue on the leaves.

HARVEST: Harvest once cotyledons have fully developed, or once the first true leaves begin to emerge, depending upon your market. Typically, micros range from $\frac{1}{2}$ –2" in height. For most items this will be 2–4 weeks after sowing, depending on the variety, growing conditions, and final product size desired. Cut with scissors or a sharp knife and minimize handling to reduce damage. Microgreens must be washed before serving. Shelf life ranges from 5–10 days under proper storage conditions.