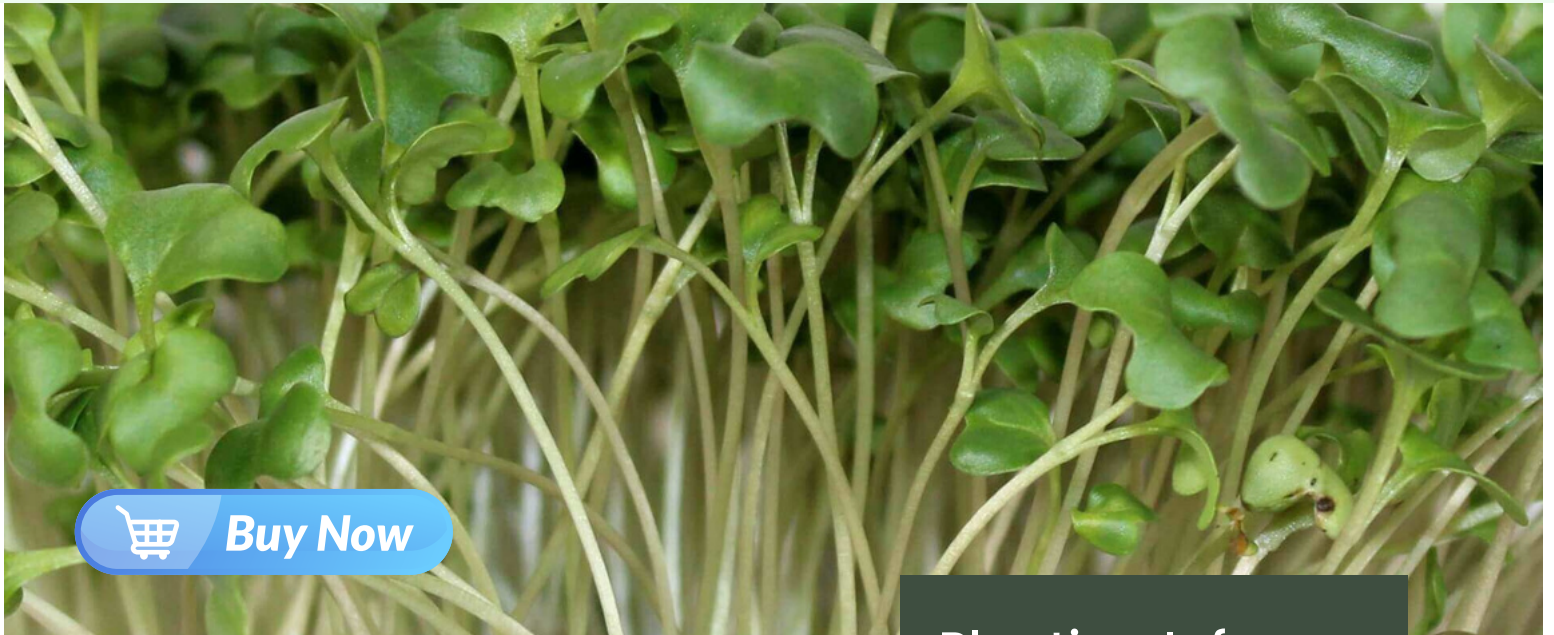


# Broccoli



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## Nutrition

Broccoli microgreens have concentrated levels of vitamins A, B, C, and E, the minerals calcium, copper, iron, magnesium, phosphorous, and zinc.

They contain high levels of compounds that convert to sulforaphane once consumed. Sulforaphane is a phytochemical that may have powerful cancer-fighting and -preventative properties.

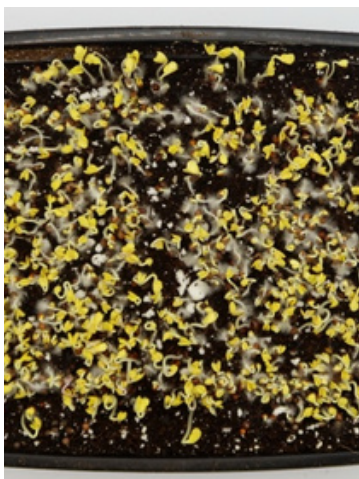


## Ready for Light

Broccoli microgreens are ready to under the lights when they look similar to those shown on the left.

## Ready to Harvest

the microgreens are 3- to 4-inches tall. Best when eaten in the cotyledon stage. Become tougher with age.



## Planting Info.

Need to Soak? No  
Blackout Method: Weighted  
Blackout Period: 2 to 3 days.  
Harvest Window: 7 to 12 days.

## Seeding Density

Home Microgreens Tray  
3.3-grams

1010 Tray  
8.9-grams

1020 Tray  
16-grams

## Seed Volume

Level Teaspoon = 3.3 grams  
Level Tablespoon = 10.0 grams

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