

Nurtured in Norfolk

A circular inset image showing a close-up of vibrant green broccoli microgreens with small, rounded leaves.

Broccoli

A circular inset image showing green garlic chive microgreens with small, dark, round seed heads.

Garlic Chives

Microgreens

The Microgreens we sell are the first sprouts of seeds, which are harvested 7-14 days after germination and before the full growth of the first pair of leaves of the plant.

Their length can reach 10cm. Studies have found that at this point microgreens are at their peak in terms of the content of vitamins and minerals.

A circular inset image showing kohlrabi microgreens with green leaves and purple stems.

Kohl Rabi

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