

SEEDS AND THEIR PROPERTIES

We have made a selection of exceptional seeds, based on their functional, nutritional, easy to germinate properties that make them an essential part of a healthy pantry.

You will be able to discover their properties and modes of use in their correspondent descriptions. Thanks to our tips you will be able to sprout them successfully and discover a new ally for your health that will become an essential part of your diet.

- **Green Pea 400g and 5kg**

It is a large grain loaded with nutrients. It is ideal to use as a shoot grown in soil, so one can get the most out of it nutritionally.

It's high in mineral content (potassium, phosphorus, magnesium, calcium, iron), trace elements (zinc, copper) and vitamins (A, C, E, K and all those from group B).

It's ideal during the period of pregnancy, for microbiota imbalances in a gut and insulin resistance.

- **Shelled Sunflower Seeds 400g and 5kg**

This grain, free of shell allows an easy germination in a jar with grid, or a germinator. It is the ideal grain to initiate oneself in the world of germination. Within a few hours after soaking we can observe the future root as well as the shoot unfolding.

We can consume it from the day one in pates or add it into salads or yogurt.

At a nutritional level, it stands out for: a high content of polyunsaturated fatty acids (22% Monounsaturated, 66% Polyunsaturated, 12% Saturated), high content of vitamin E (important antioxidant factor), B complex vitamins as well as the precious vitamin D and a good mineral arsenal (phosphorus, manganese, copper, iron...)

Its consumption is highly recommended for: athletes, it is preventive of Alzheimer's, Parkinson's, cancer, cardiovascular and autoimmune diseases. It is a great superfood that prevents an oxidative stress.

- **Durum Wheat 600g and 5kg**

The grain itself can be germinated and consumed in taboulé-type salads in its raw vegan version or even fermented to make rejuvelac (enzymatic water) among others.

However our goal in offering this product is for it to be consumed as a sprout grown in soil. This way we obtain green grass that is used to make wheat grass juice.

Wheatgrass juice is a very interesting functional food. Its regular consumption allows to obtain an extra nutritional input of a great value. In addition to a high content of minerals and vitamins it provides us with a large amount of bioavailable chlorophyll. This in turn adds an extra oxygen into our cells. It has become a key element in many of the nutritional programs and protocols developed by the Hippocrates Institute.

At the mineral level it contains 92 of the 102 elements and trace elements that exist in nature.

It stands out for high levels of Iron, Calcium, Magnesium, Phosphorus and Zinc.

It's a great source of vitamin A, C and E and its highly assimilable chlorophyll.

Undoubtedly a great nutritional supplement in cases of anemia, weakness, postoperative, pregnancy, lactation, fasting, cleansing diet...

- **Barley 600g and 5kg**

It is a grain of the grass family that has been very little modified compared to wheat.

Its use as sprouts is possible and viable, but ideally it is to be used as grass shoots. It is more alkalizing than wheatgrass and also has its extraordinary nutritional qualities. It provides all the existing in our body minerals, with great bioavailability and helps to combat free radicals. The big difference with respect to wheat is its low sugar content.

This makes it ideal in diets that seek to combat candidiasis, in ketogenic diets, insulin resistance, etc...

To obtain results in its consumption, it is recommended to consume it in periods of 10 days in a row, 20ml a day.

- **Red cabbage 300g**

It is a non-mucilaginous grain, which makes it easy to germinate in a glass jar or a bag. However it can also be produced as a shoot grown in soil. Very interesting for its soft and sweet flavor, its nutritional value and above all its striking color that makes it an ingredient of haute cuisine.

At a nutritional level, it should be noted that it significantly multiplies its content of vitamin E and C with respect to the adult plant, up to 40 times more. Being a close relative to broccoli it has a recognized anti-inflammatory and anticancer power.

Recent studies have highlighted its ability to repair the intestinal walls and mucosa.

The anthocyanins they contain improve sport performance helping in the endurance and muscle growth.

Its consumption is recommended for people with neurodegenerative diseases, hypertension, type 2 diabetes, athletes, autoimmune diseases, etc.

- **Brocoli Raab 500g and 5kg**

It's one of the greatest in the world of sprouts. It is certainly one of the staple that we should always have at home. His nutritional properties make it health-enhancing food and a great tool in a disease prevention . It is versatile and easy to germinate both in a glass jar and in soil.

It is a relative of cabbage with a higher nutritional density. In its germinated version it develops an exponential increase in nutrients and very interesting substances.

It contains a wide range of antioxidants: quercetin, lutein, glutathione, indoles, zeaxanin, beta-carotene, and common in the cruciferous family isothiocyanate and sulforaphane.

Sulforaphane has been declared to be a great fighter for cancer cells and its presence in the broccoli sprout is 100 times greater than in the adult plant.

At a mineral level, its content stands out in: phosphorus, calcium, magnesium, iron, zinc and potassium Vitamins: A, B2, B6, C, E and K.

Its consumption is highly recommended for people with tumor processes, cancer, chemo and radiotherapy, athletes, the elderly, autoimmune diseases, Alzheimer's, Parkinson's, cardiovascular risk, fatty liver...

Bring broccoli sprouts into your life!

- **Daikon Radish y China Rose Radish 500g and 5kg**

The whole family of radishes in their germination stage are jewels for health, gastronomy and as nutritional tools. They are a hepatoprotective food that help in the liver regeneration and renal drainage.

At the flavor level, they are like a young radish with an intense and fresh flavor.

As a nutritional tool, it stimulates the secretion of gastric juices, improving significantly the digestion of fats. In terms of health, it is functional food of great interest, which should be part of our regular diet.

In its nutritional composition we highlight minerals (calcium, iron, zinc, potassium, magnesium).

It is a great help during the fall, winter and spring period as it helps the lungs with its expectorant properties. Great ally of athletes to mitigate the oxidative stress of the hard training and in cancer processes as a free radical fighter and as a regenerative tool during and after chemotherapy treatment.

- **Alfalfa 500g and 5kg**

Here is another stellar and essential seed. It is one of the first plants that human beings have used since ancient times and also one of the sprouts that we recommend you use to get started.

Its name in Spanish comes from Arabic and its etymological meaning is "Father of all foods". In Italian its name is also very curious "Herba Medica", in fact its scientific name is *Medicago Sativa*. The etymology tells us how important this plant is for health. In addition to being healthy, it is exquisite, neutral in flavor, highly appreciated and easy to germinate.

It is one of the seeds with the highest yield. It's capable of increasing their size more than 25 times after being germinated. In fact, it is very common that the first germination experience ends with a jar without enough space.

At a nutritional level, it stands out with the high content of vitamins A, B1, B2, B3, C, D, E, K.

At a mineral level, it has a great balance of calcium, magnesium and manganese. As a great way to incorporate calcium it is a good ally against osteoporosis. It also helps to strengthen hair and nails thanks to its silica content.

It contains between 15 and 25% of its weight in easily digestible proteins formed by the 8 essential amino acids. Making them a great tissue regeneration tool.

It also has a powerful estrogenizing antioxidant called coumestrol, which is very interesting for mitigating the symptoms of menopause.

In short, it is a grain to always have in our pantry and a sprout to consume regularly.

Its consumption is recommended for the entire population in general and especially in processes of weakness, post-operative, osteoporosis, menopause, athletes...

Once you germinate it you can store it in an air tight container in the fridge for 12/15 days in perfect condition.

- **Fenugreek 300g and 5kg**

This grain is very little known in Spain despite being originally from the western Mediterranean area. It is a seed with extraordinary medicinal properties. It is another essential in our pantry and in our regular consumption.

At the flavor level, it is not neutral and it is not the most pleasant of the sprouts either, as it has a slight bitter touch. Its seed itself is very aromatic and used as a condiment in Moroccan, Indian and Mediterranean cuisine. Its aroma, in fact, is reminiscent of the set of spices that in the West we recognize as curry. In fact, in Egypt it was used as an endogenous perfume, since its consumption aromatizes body sweat and gives a pleasant smell of curry.

Its most interesting property is its anabolic quality, that is, its ability to increase the integration of nutrients, especially proteins. That makes it an essential nutritional tool and a star ally in our nutrition intake.

At a nutritional and functional level it has a high content of vitamins A, B, C, D, proteins, soluble fiber, potassium, iron and some interesting alkaloids.

Its anabolic quality makes it an excellent food for people who are recovering from anemia or are suffering from it. And obviously in post-operative processes, chemotherapy and all processes that need to regenerate tissues efficiently.

Recent studies prove its regulatory power of blood sugar levels. Sprouted fenugreek consumed regularly helps stabilize pancreatic secretions by stimulating insulin production. A marked improvement in insulin resistance has been shown in patients with type 2 diabetes after 24 weeks of regular use. (source: www.encognitive.com/node/14856).

By reducing insulin resistance, it becomes a great tool to combat subclinical inflammation and therefore a great ally in cases of autoimmune and cardiovascular diseases and edema.

It is considered a galactogenic food, that is, a stimulant in the production of breast milk. For this reason, it becomes a great ally for nursing mothers.

For all these reasons, we can affirm that fenugreek sprouts are the king of nutrition from pregnancy to old age and a great fighter of free radicals.

- **Clover 400g**

Clover is a sprout with similar characteristics to alfalfa. It is easy to germinate, has a slightly sweet flavor with a slight spicy touch, such as radish or watercress, helps to remineralize and is very rich in isoflavones.

Antispasmodic of the nervous system and with relaxing effects.

It is a good pulmonary drainer and has antitussive properties, being a great food in pulmonary processes.

Its consumption is especially indicated in menopause and in cases of osteoporosis

In pregnant mothers, its consumption should be restricted so as not to interfere with hormonal processes due to isoflavones.

- **Mung Bean 700g and 5kg**

The mung bean is one of the star seeds of the initiation to the world of sprouts along with alfalfa. It is a bean native to India whose genetic structure has been little modified. Due to high digestibility it has been used for consumption since ancient times.

Its sprouts are well-known thanks to Asian cuisine, as we find them in countless dishes of Chinese, Japanese, Thai and Korean cuisine.

In its sprouted form it has a high protein content (33%) that is easy to assimilate. In addition to its raw consumption, we can use it as a neutral vegetable and add it to stews, sautés, woks. Growing it at home from organic seeds guarantees the lowest carbon footprint. It is also easy to store in our pantry.

In its transformation from legume to vegetable through the germination process, we eliminate any possible indigestibility as it becomes a neutral vegetable and ceases to be a product high in carbohydrates.

- **Andante Mix 400g** Mung bean 56%, Alfalfa 20% and Radish 24%

Easy germination grain mix in glass jar or germination bag. It is a combination of high protein content, mild flavor and good nutritional balance.

The mung bean provides a good protein content, alfalfa its mild flavor and its alkalizing properties and its bioavailable calcium. and the radish its hepatoprotective properties and its refreshing flavor.

- **Adagio Mix: 400g:** Broccoli 20%, China Rose radish 50%, Clover 30%

This trio of seeds is a set for lung, kidney and liver health. With a mild flavor and a slight spicy touch from the radish and clover.

The China rose radish was already appreciated in Egyptian, Greek and Roman medicine. It is a great decongestant for the higher respiratory tract and a good cough reliever.

Clover has draining properties at the pulmonary level and is antitussive. It is an immune system strengthener. Its flavor is sweet with a mild mustard-like spicy touch.

Broccoli is one of the sprouts that combats free radicals most and with regenerative properties. Highly recommended in chemotherapy processes, in post-operative recovery, for athletes and for common mortals in their forties.

- **Vivace Mix 300g:** China Rose Radish 30%, Red Radish 30%, Daikón Radish 40%

This set of seeds are the entire hepatoprotective family. A mix that will help you with fat digestion and blood coagulation.

It is especially indicated for people with fat digestion problems, as a complement to the ketogenic diet, in recovery processes or as a complement to the action of powerful drugs such as chemotherapy or others.

Another jewel to always have on hand.