



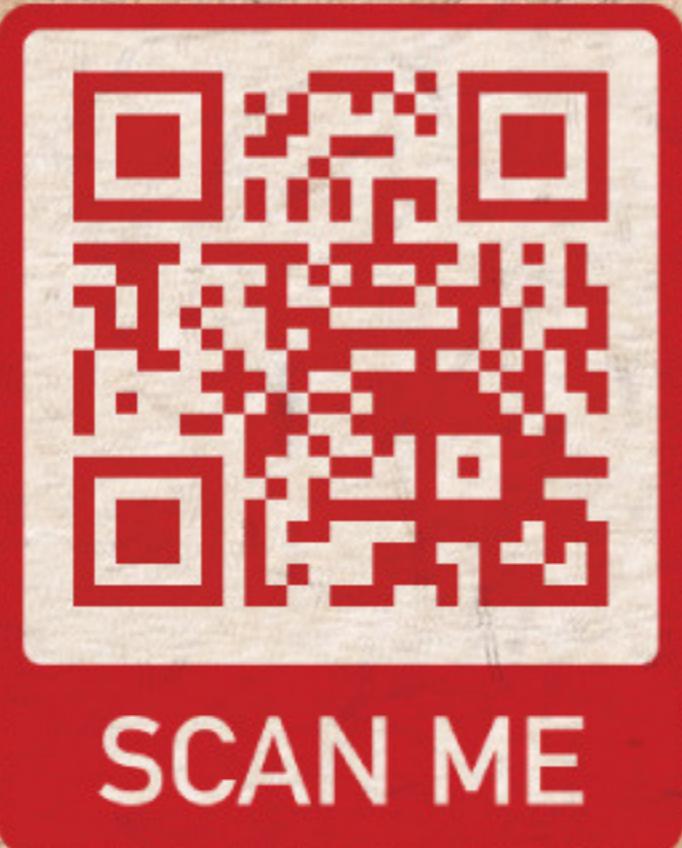
ZENGREENS®
GROW YOUR HAPPINESS

SPROUT GROWING GUIDE

FOR SPROUTS, SEEDLINGS
AND MICROGREENS



Click here
for our sprout growing
video course!



DON'T THROW ME AWAY!

We are Lukas, Gunar, Jannik and Anno - The founders of ZenGreens.



Pounding story

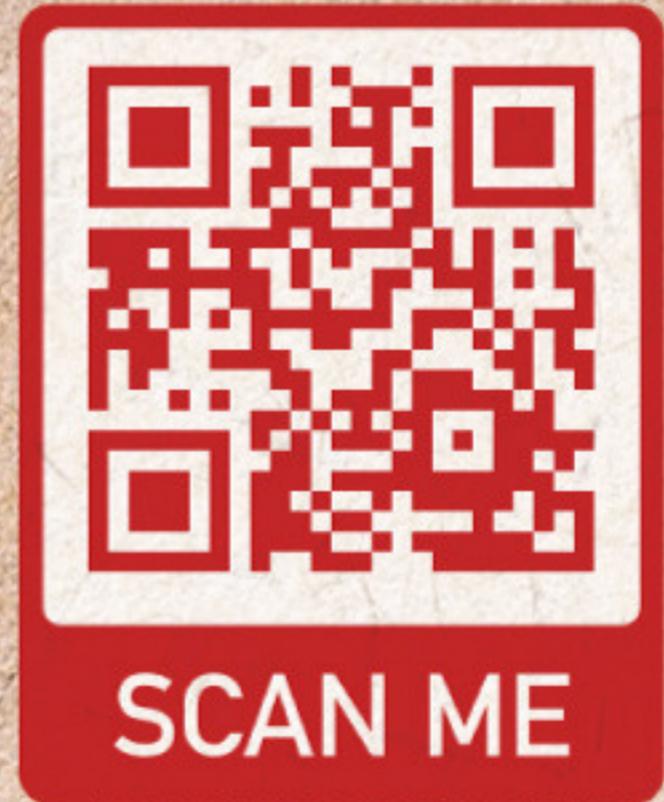

Chi vuole vivere sano, deve mangiare germogli

"If you want to be healthy, you have to eat sprouts."

It all started in 2019 during a vacation trip to the beautiful village of Rocca Grimalda in the Italian region of Alessandria: four school friends, a country house, delicious pasta and lots and lots of sun! Our landlady Giulia lived on the upper floor of the house. On the last evening we invited her to dinner as a thank you for the great time. Giulia brought a homemade salad enhanced with radish and broccoli sprouts. She grew the healthy sprouts herself in her garden. The peppery-fresh taste, the extraordinary preparation and Giulia's legendary quote: "Chi vuole vivere sano, deve mangiare germogli" inspired us to make sprouts in all variations more accessible also in Germany. We source our sprout seeds from organic producers in Italy and to this day maintain close contact with Giulia, who is still our most important product tester.



As a small, young start up we depend on your review. Thank you so much in advance!
#Spreadsomelove



REVIEW.ZENGREENS.DE

Also discover our Sprout Seed Set of 10 at samenset.zengreens.de



SUSTAINABILITY & COMMITMENT

Maybe you haven't thought about it, but growing your own healthy sprouts is a great thing for Mother Earth!

Not only do you save on unnecessary food transport, but you can also cover part of your nutritional needs in vitamins, minerals, micronutrients and proteins yourself. Completely independently and as a kind of self-supporter on a small scale. Of course, this does not save the entire planet, but as we all know, every little good deed counts. As citizens of the world, we would like to thank you for that! But what are we at Zengreens doing for our planet? Of course, we're not perfect either, but we do our best....



MANY
PLASTIC FREE
PRODUCTS



100% GRASS AND
RECYCLED PAPER
PACKAGING



CO₂
NEUTRAL
TRANSPORTS



WE DONATE
1% OF THE
PROFITS



ORGANIC QUALITY

SOMETHING WRONG? NO PROBLEM - WE
ARE HAPPY TO HELP!



+49 157 38262585



info@slsk-ventures.de



Zengreens_Germany



www.zengreens.de

2-IN-1 DESIGN

#LETSSPROUT #GROWYOURHAPPINESS

1. SPROUT JAR



STEP 1: SOAKING

Most sprout seeds are first soaked in water for 6-12 hours. Then wash the seeds thoroughly with water.



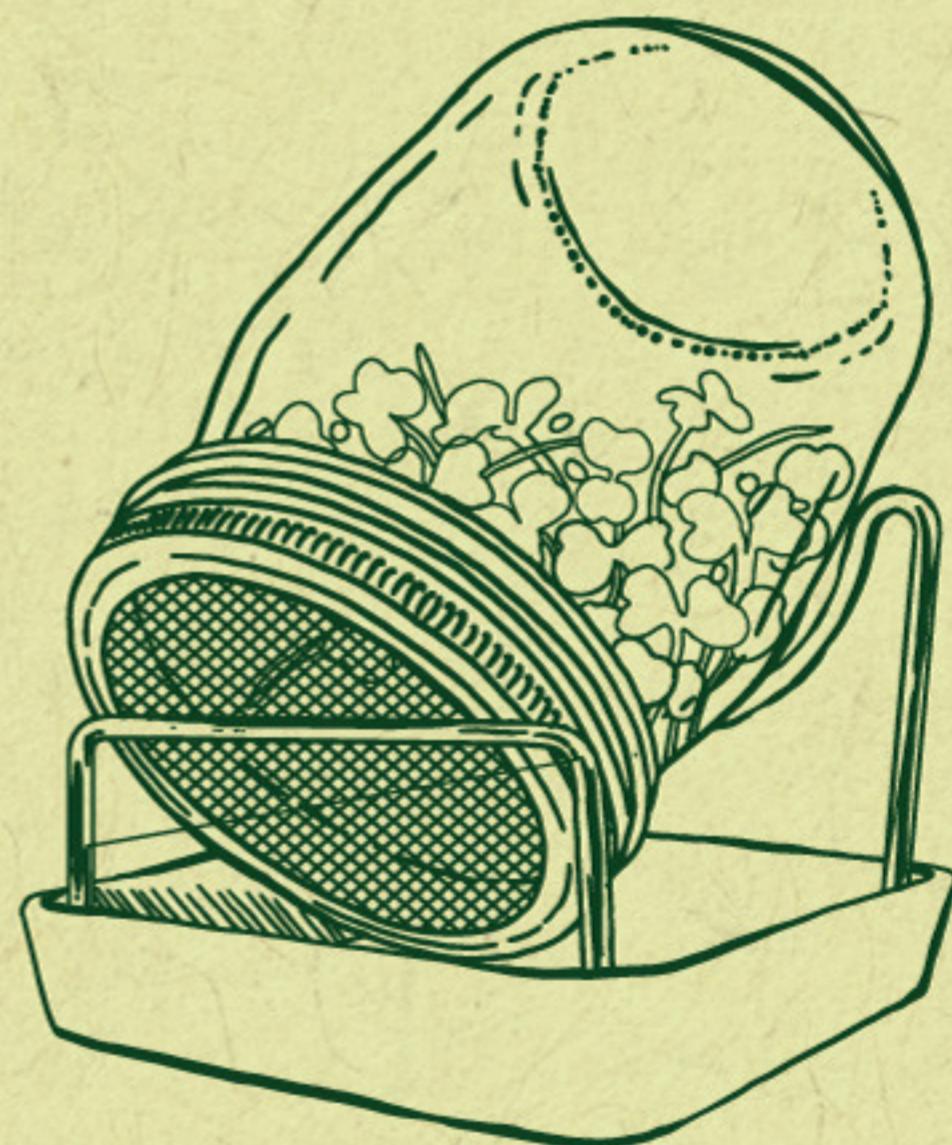
STEP 2: GROWTH

The jar is now placed on the rack in the ceramic tray. For optimal germination conditions, place in a bright place without direct sunlight and at approx. 18-24 degrees (except for dark germinators).



STEP 3: WASH THROUGH

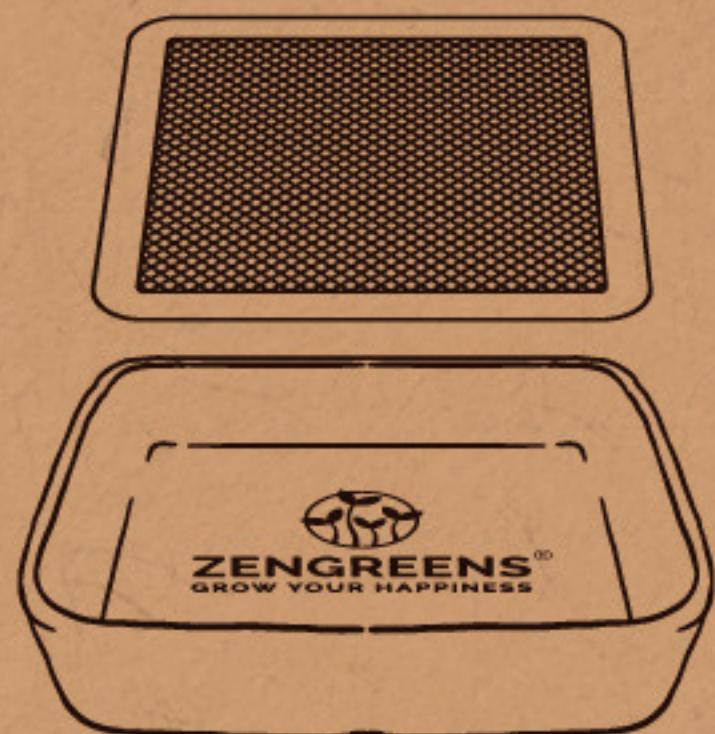
For optimal hygiene, rinse the jar at least twice a day with lukewarm water (cold water for pulses).



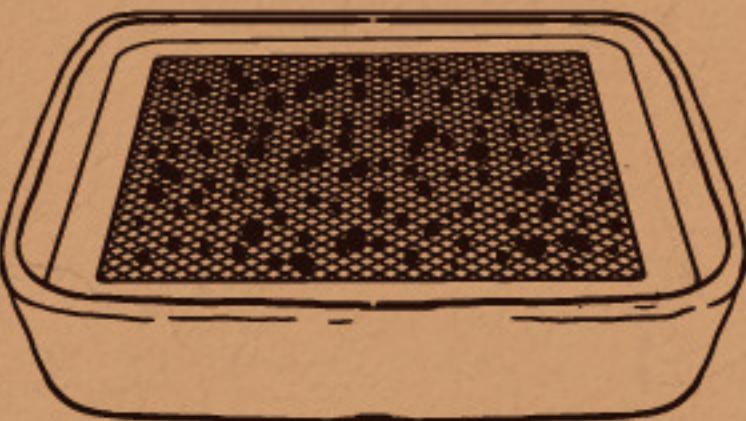
STEP 4: HARVEST

Depending on the germinating seed and the desired end product (from seedling to sprout), harvesting can be done after 2-28 days.

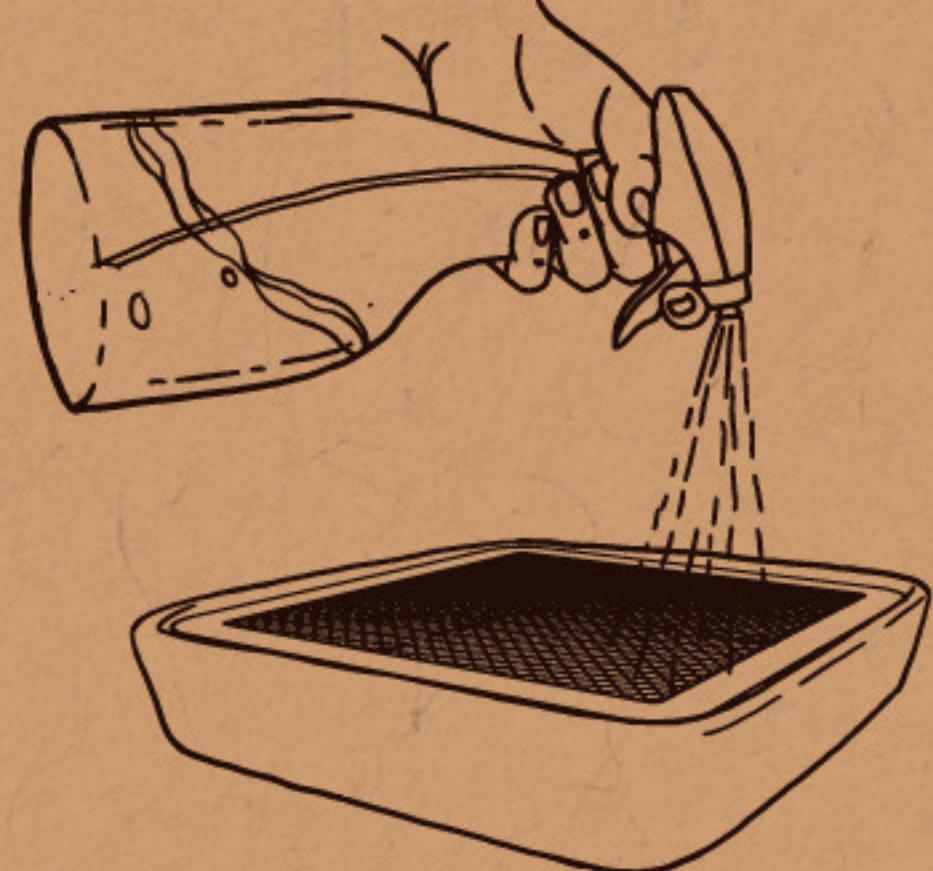
2. GERMINATION TRAY



Insert the enclosed metal net into the ceramic tray.



Place the sprout seeds on the net (optional: fill the tray with water).

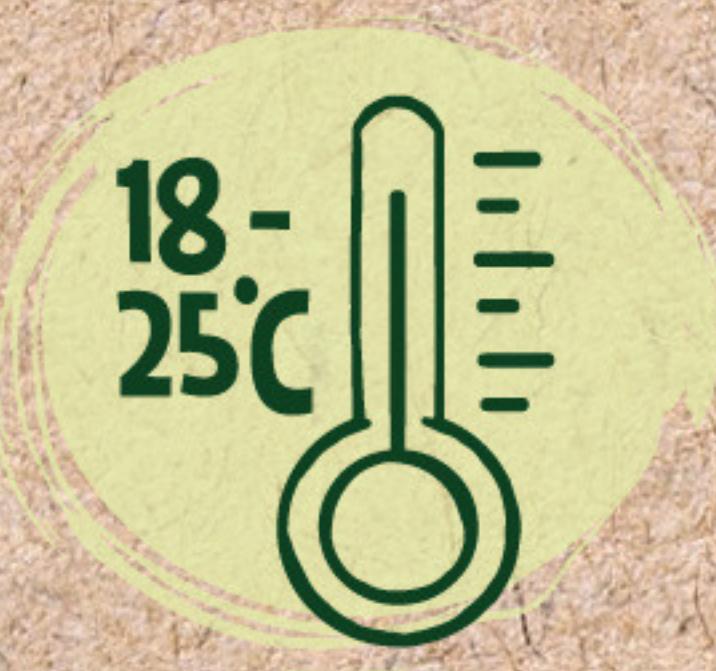


Depending on the seed, spray with water several times a day.

BASIC REQUIREMENTS FOR CULTIVATION



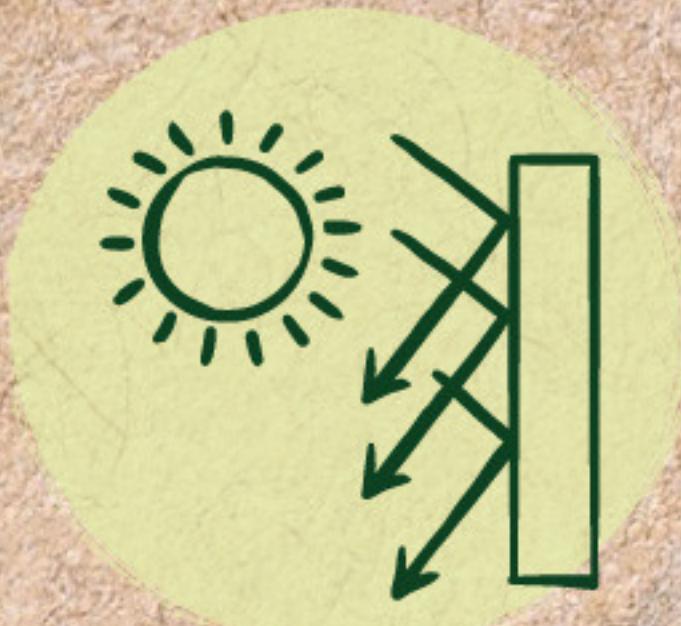
HYGIENE



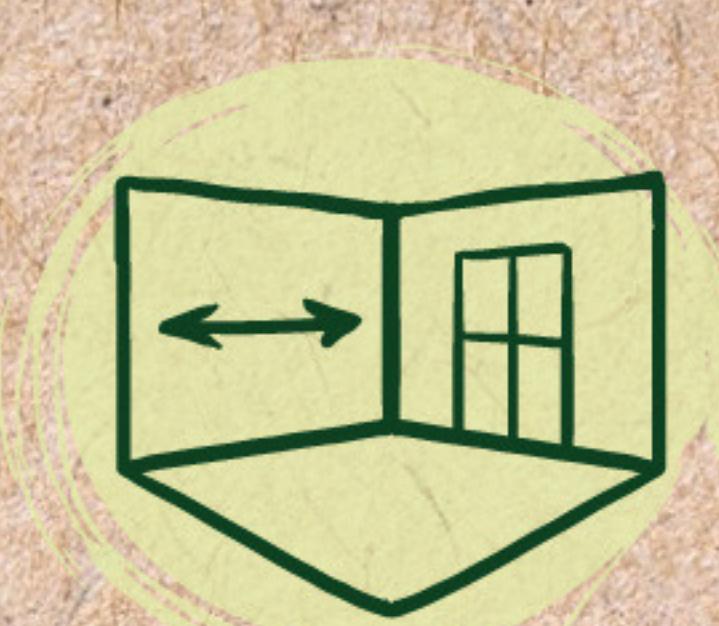
ROOM TEMPERATURE



MOISTURE



INDIRECT LIGHT



ENOUGH SPACE



AIR CIRCULATION



6

IMPORTANT INFORMATION BEFORE GROWING!

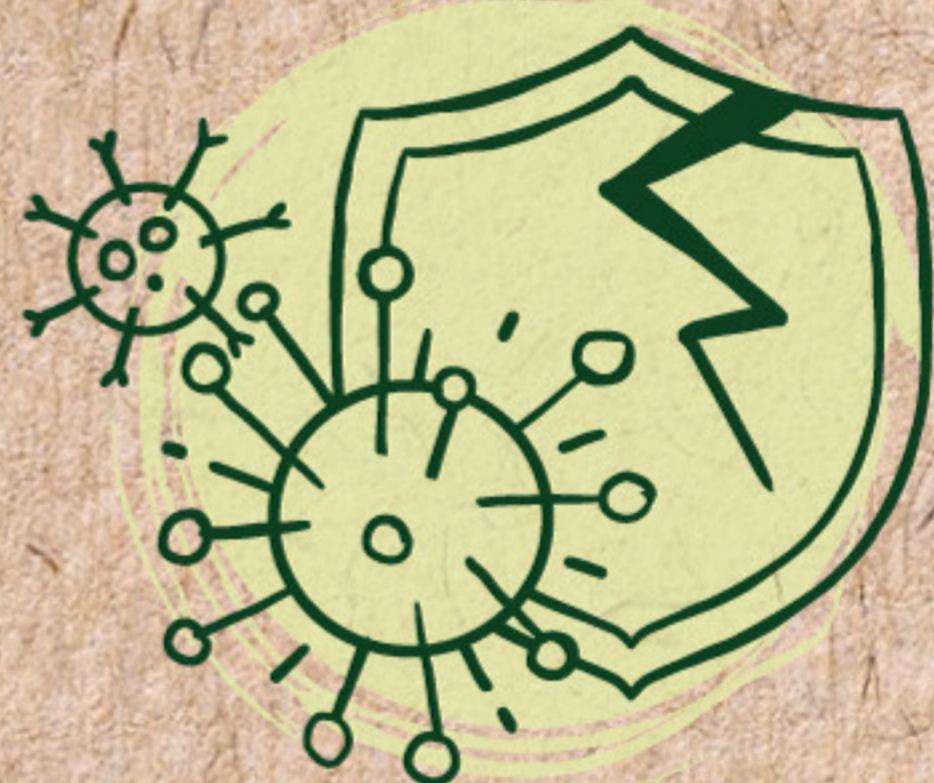
Hygiene is the be-all and end-all

To ensure that no bacteria or fungi can grow, you should clean all the components of your sprout growing kit thoroughly before you start growing. At ZenGreens we have made sure that all components are dishwasher safe.



Weak immune system?

If you have a weak immune system or are pregnant, you should heat all sprouts and sprouting seeds before eating and not eat them raw. There is always a small risk that bacteria or fungi will form at the beginning of the sprouting process. With adequate hygiene, this risk is minimal, but you should be on the safe side.



Germ jar upside down

Even if your world is not upside down, you should take care to do this differently with our germination jar - because: The water that remains in the jar after washing should be allowed to drip off slowly in order to avoid mould. So: Please use the complete construction including metal frame and drip tray!



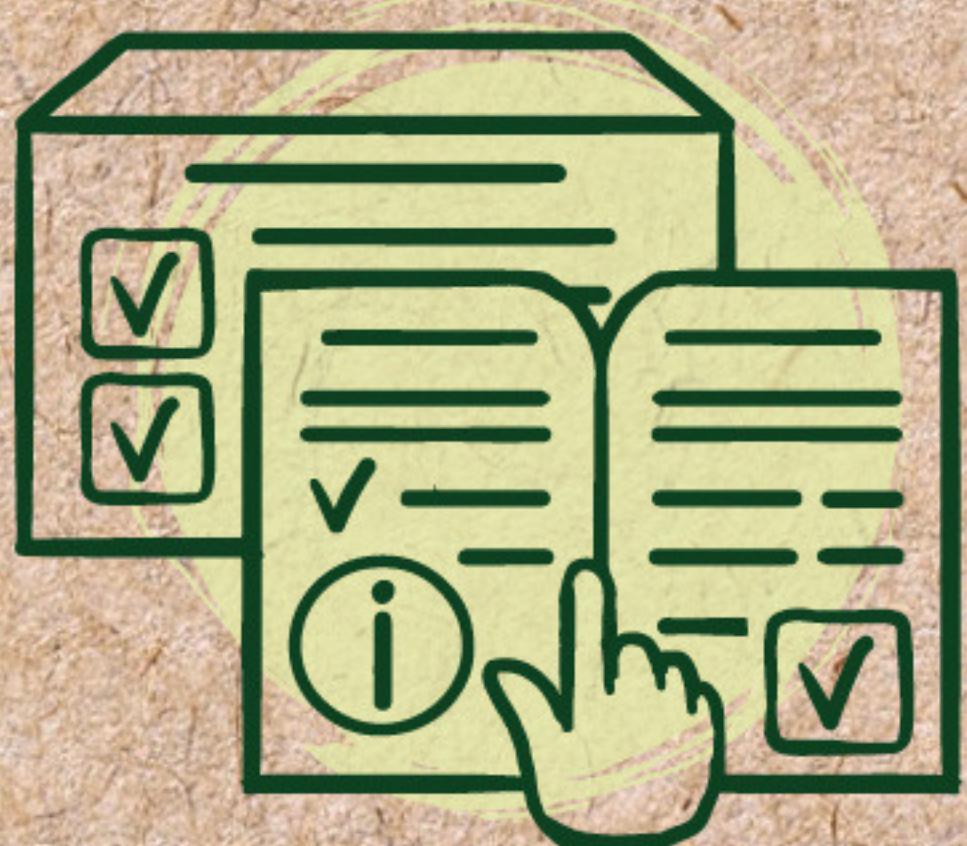
Shelf life

If you have leftover sprouts, you don't have to throw them away immediately. You can store them for up to 5 days after harvesting in an open container (the easiest way is in our sprouting jar). However, please continue to wash them regularly as the growth will not stop.



Note cultivation info

You should pay attention to different things for each sprout variety in order to achieve a perfect result. The respective info can be found on the back of our seed packets as well as on the later pages of this guide.



Mould

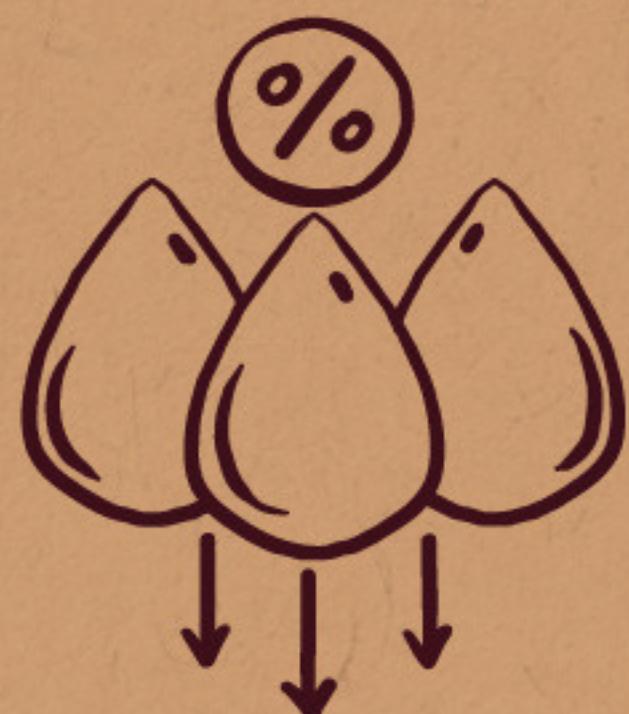
If your sprouts smell funny or you have found mould, you should throw the entire harvest on the compost or in the rubbish. But: Please do not confuse the fine fibrous roots that can develop during cultivation with mould.



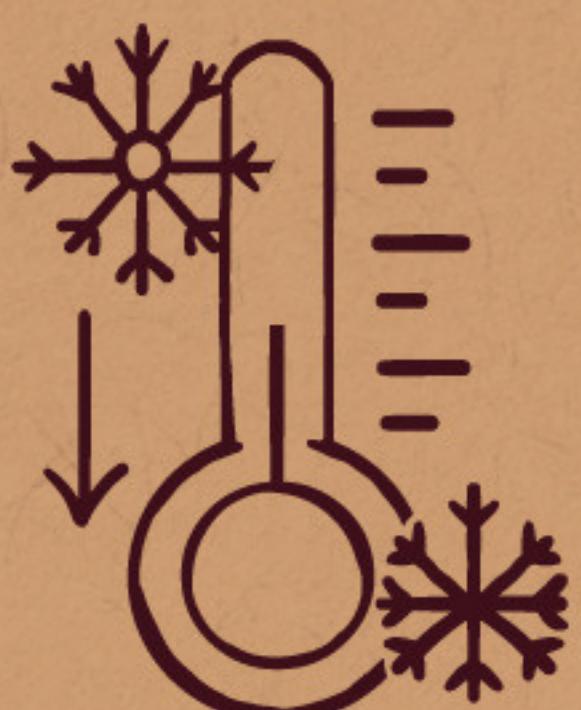
YOUR SPROUTS DON'T GERMINATE?

THE 4 MOST COMMON REASONS

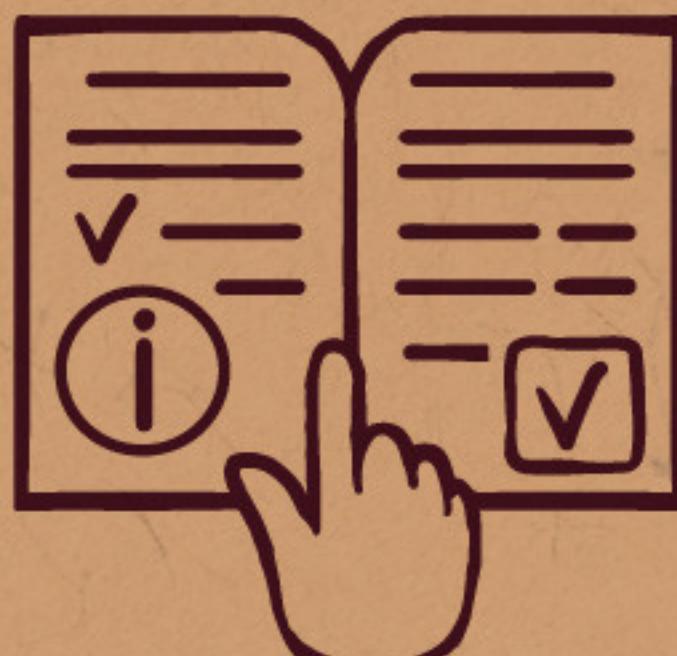
Too
little
moisture



Poor
seed
quality



Too low
temperature



Breeding
instructions
not followed



GROWTH STAGES

Germinated seeds

Soaking causes the shoot to break through the seed coat. Some varieties can already be eaten at this stage.



Seedlings/ Shoots

After a short time, a seedling usually emerges that already has a stem and root and leaf beginnings. Most seedlings are edible.



Sprouts/microgreens

After a few days, a young plant with stem, roots and leaves has formed. The sprouts have now reached the optimal nutrient concentration.



WHY ARE SPROUTS & SHOOTS SO HEALTHY?

It has been known for thousands of years that sprouts and shoots are true nutrient bombs and extremely healthy. It is intuitively quite easy to understand why: the little health miracles still have a lot of potential ahead of them and therefore need a significantly higher micro- and macronutrient concentration than adult plants in order to be able to develop this potential. It is this increased concentration of **vitamins, minerals, secondary plant compounds, trace elements, dietary fibres and proteins** that unites all sprouts and shoots in different forms. You will find the positive health effects on the next page...





Better digestion

...through dietary fibres



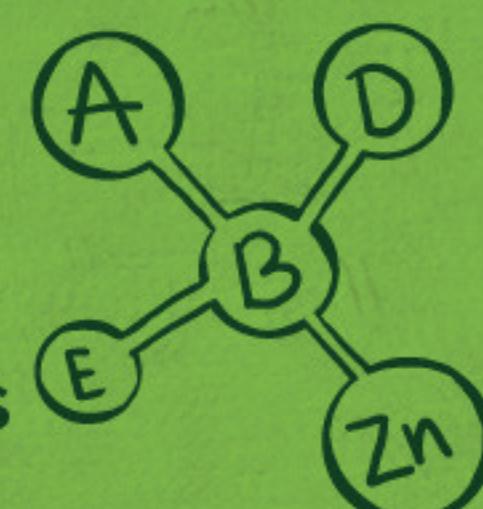
Increased muscle growth

...through proteins



Stronger immune system

...through micronutrients



Tumour stem cell inhibiting

...through mustard oil glycosides (in cruciferous vegetables)



Against hyperacidity

...through minerals

LITTLE TIP: On the back of our seed packets you will find precise information about the healthy ingredients of the respective sprout variety.

PREPARATION

Depending on your taste, there are countless different ways to use germinated seeds, sprouts and shoots. Of course, there are no limits to your creativity. That's why we can only give you a small overview here:



Germinated seeds...

...with their tart, nutty flavour, go perfectly with sweet dishes, but also round off salads with apples or pomegranate seeds.



Seedlings/ Shoots...

...with their nutty-fresh taste, are ideal on bread with cream cheese, in salads and in warm rice dishes.



Sprouts/ Microgreens...

...with their peppery-fresh flavour, are surprisingly good for rounding off sweet dishes, but also especially on breads and in salads.

For more inspiration, feel free to visit us online.





Alfalfa

ORGANIC SPROUTING SEEDS SUITABLE FOR SPROUT CULTIVATION

Medicago sativa



DE-ÖKO-033



Morning serenity

Alfalfa

ORGANIC SPROUTING SEEDS
SUITABLE FOR SPROUT CULTIVATION

Microgreens

200g

Medicago sativa



Morning serenity

Alfalfa

ORGANIC SPROUTING SEEDS SUITABLE
FOR SPROUT CULTIVATION

Microgreens

500g



SCAN ME

ALFALFA.ZENGREENS.DE



SCAN ME

ALFALFAGROSS.ZENGREENS.DE



SCAN ME

ALFALFA.ZENGREENS.DE

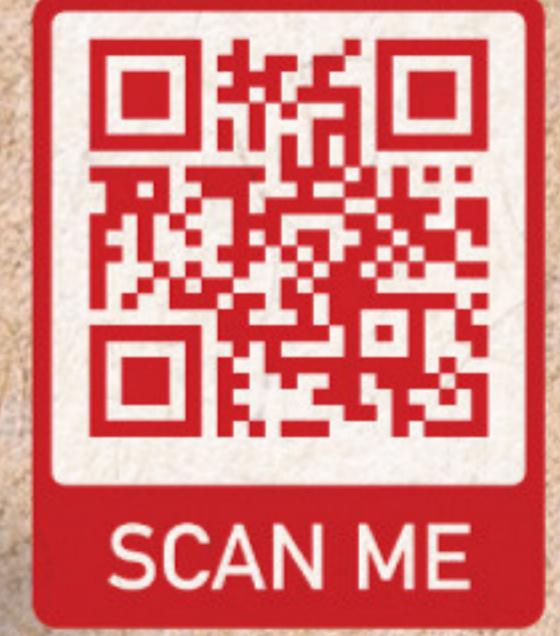


SCAN ME

ALFALFAGROSS.ZENGREENS.DE



RADIES.ZENGREENS.DE



RADIESGROSS.ZENGREENS.DE

Radish Rambo

ORGANIC SPROUTING SEEDS SUITABLE FOR SPROUT CULTIVATION



Chard

ORGANIC SPROUTING SEEDS SUITABLE FOR SPROUT CULTIVATION



MANGOLD.ZENGREENS.DE





Cress

ORGANIC SPROUTING SEEDS SUITABLE FOR SPROUT CULTIVATION



KRESSE.ZENGREENS.DE



KRESSEGROSS.ZENGREENS.DE





Wheat

ORGANIC SPROUTING SEEDS SUITABLE FOR SPROUT CULTIVATION



WEIZENGROSS.ZENGREENS.DE



WEIZENGROSS.ZENGREENS.DE



ZENGREENS®
GROW YOUR HAPPINESS

Triticum aestivum

Crown gold
wheat

SPROUTING SEEDS SUITABLE FOR SPROUT CULTIVATION

Microgreens

500g



WEIZEN.ZENGREENS.DE



WEIZEN.ZENGREENS.DE



Here's our Sprouting Video Course!



WEIZEN.ZENGREENS.DE



WEIZEN.ZENGREENS.DE

Garlic

ORGANIC SPROUTING SEEDS SUITABLE FOR SPROUT CULTIVATION

20g

Allium tuberosum
ZENGREENS®
GROW YOUR HAPPINESS

Glimmering
in the morning
Garlic

ORGANIC SPROUTING SEEDS SUITABLE FOR SPROUT CULTIVATION

Microgreens



DE-ÖKO-013
EU agriculture

0732 210085



SCHNITTKNOBLAUCH.ZENGREENS.DE

Garlic
Allium tuberosum
Don't speak English?
Find all translations here!
TRANSLATIONS.ZENGREENS.DE

Glimmering in the morning

"Around a glimmer and a glow,
As if vain dwarfs once wanted to show
to wonder All the richness of their
mountains."

Friedrich
Wilhelm
Weber

Here's our Sprouting
Video Course!



VIDEOKURS.ZENGREENS.DE

SPROUT GROWING GUIDE

1. Germination device
Germinates optimally in
our sprouting bowl.



2. Location
Dark until germination,
then light (dark
germination).



3. Soaking
Rinse thoroughly, then
soak for 10-14 hours.



4. Germination
At a temperature of
18-22°C after 10-21 days.



5. Culture
Wash through with cold
water 2-3 times a day.



6. Harvest
after 14-28 days.

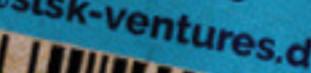


Healthy ingredients

Vitamins A, B, C, E, calcium,
phosphorus, iron, sulfur,
magnesium, Ess. Amino
acids

SOMETHING WRONG? NO PROBLEM!
WE ARE HAPPY TO HELP!

+49 157 38262585
info@stsk-ventures.de



0732 210085

Y a des restes

PAP



*P*ress to the soul

Everything new, makes May, makes the soul fresh and free.
Hermann Adam von Kampf

Speak English? Translations here!
DEUTSCH
FRANÇAIS
ITALIANO
ENGLISH
ENS.DE

SCAN ME

Here's our Sprouting Video Course!

SCAN ME

SPROUT GROWING GUIDE

1. Germination device Germinates optimally in our sprouting bowl.
2. Location Bright location promotes germination and growth.
3. Soaking Rinse through, then soak for 10-40 minutes.
4. Germination At a temperature of 18-22°C after 3-6 days.
5. Culture Wash through with cold water 2-3 times a day.
6. Harvest

BIO according to EC Organic Regulation

VIDEOKURS.ZENGREENS.DE

Eruca sativa

ZENGREENS®
GROW YOUR HAPPINESS

GRASS PAPER

Arugula

ORGANIC SPROUTING SEEDS

SPROUT CULTIVATION

Taste piquant, spicy, fresh
The fine fibrous roots produced during cultivation should not be confused with mold.

As a small, young start up, we depend on your review. Thank you so much in advance!
#SpreadsomeLove

ZENGREENS®
GROW YOUR HAPPINESS

Arugula

ORGANIC SPROUTING SEEDS

SPROUT CULTIVATION

ZENGREENS®
GROW YOUR HAPPINESS

Eruca sativa

BIO according to EC Organic Regulation

100% ORGANIC

ECO FRIENDLY

*P*ress to the soul

Arugula

ORGANIC SPROUTING SEEDS SUITABLE FOR SPROUT CULTIVATION

Microgreens

200g

Eruca sativa

BIO according to EC Organic Regulation

100% ORGANIC

ECO FRIENDLY

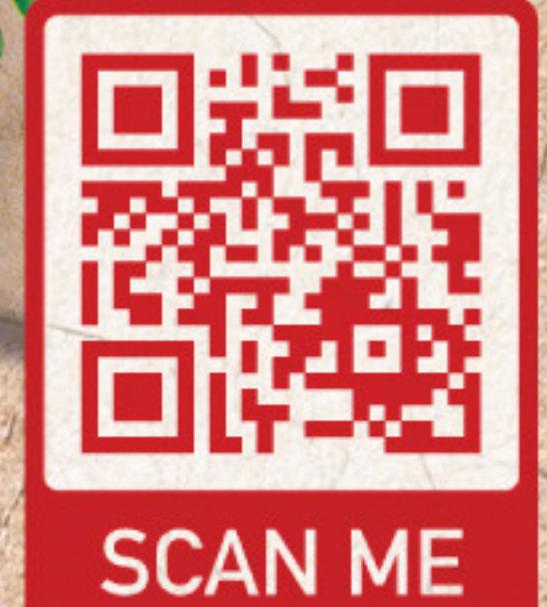
*P*ress to the soul

Arugula

OUTING SEEDS SUITABLE FOR SPROUT CULTIVATION

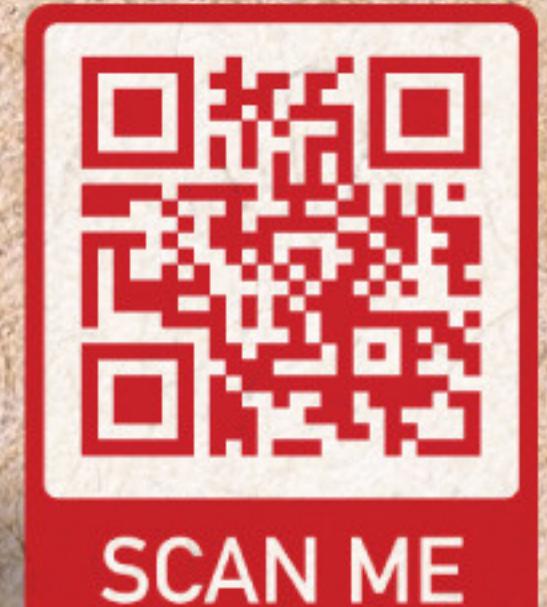
Microgreens

500g



SCAN ME

RUCULA.ZENGREENS.DE



SCAN ME

RUCULAGROSS.ZENGREENS.DE

Arugula

ORGANIC SPROUTING SEEDS SUITABLE FOR SPROUT CULTIVATION

Beetroot

ORGANIC SPROUTING SEEDS SUITABLE FOR SPROUT CULTIVATION



ROTEBEETE.ZENGREENS.DE





Mung beans *Vigna radiata*

Don't speak English?
Find all translations here!
TRANSLATIONS.ZENGREENS.DE

Ice dancing

Could you do dry grammar when it twirled
your legs to perform an elegant ice dance that
aroused the admiration of those watching from
the snow-banked shore? " Else try

SCAN ME

Here's our Sprouting
Video Course!

SCAN ME

SPROUT GROWING GUIDE

1. Germination device
Germinates optimally in our sprouting jar.
2. Location
Dark until germination, then light (dark germination).
3. Soaking
Rinse thoroughly, then soak for 8-12 hours.
4. Germination
At a temperature of 18-22°C after 2-3 days.
5. Culture
Wash through with cold water 2-3 times a day.
6. Harvest
after 3-5 days.

Taste
Mild nutty, slightly sweet, fresh.
The fine fibrous roots produced during cultivation should not be confused with mold.

As a small, young start up, we depend on your review. Thank you so much in advance! #SpreadsomeLove

Also discover our sprout cultivation set at set.zengreens.de

SLSK Ventures GmbH, Kieselstr. 6, 51371 Leverkusen

ZENGREENS®
GROW YOUR HAPPINESS

Vigna radiata

BIO according to EC Organic Regulation
DE-ÖKO-013 EU Agriculture

100% ORGANIC

ECO FRIENDLY

Ice dancing
Mung beans

ORGANIC SPROUTING SEEDS SUITABLE FOR SPROUT CULTIVATION

Microgreens

200g

500g

SCAN ME



SCAN ME

MUNGO.ZENGREENS.DE



SCAN ME

MUNGOGROSS.ZENGREENS.DE

Mung beans

ORGANIC SPROUTING SEEDS SUITABLE FOR SPROUT CULTIVATION



ZENGREENS[®]
GROW YOUR HAPPINESS

**DISCOVER OUR
ONLINE SHOP!**



with code
Zengreens10
10% discount



WWW.ZENGREENS.DE



[@ZENGREENS_GERMANY](https://www.instagram.com/zengreens_germany)

SHOP.ZENGREENS.DE