



# SUNFLOWER SHOOTS



Sunflower Shoots are a valuable source of vitamins and minerals, they contain all known vitamins, even the B complex and D. Sunflower Shoots have a sweet, nutty flavor and crispy texture, quickly gaining in popularity, Sunflower Shoots are considered by many consumers to be the best tasting, most versatile sprouts available. Sunflower Shoots are a favorite for garnish and plating. They are also the most popular sprout to eat alone, as they are sweet and crunchy, or in salads and sandwiches.

## GROWING STANDARDS

- ✓ Grown hydroponically
- ✓ No soil or growing medium
- ✓ Pesticide and herbicide free
- ✓ No additives or preservatives.
- ✓ Year round production
- ✓ Every lot tested for E. coli and Salmonella prior to shipping

## FAQ:

Why are Sunflower Shoots priced higher than other varieties?

Our Sunflower Shoots require more labor. We hand-pick and select #1 quality.

## SPECIFICATIONS

**Available sizes:**  
8 pk. / 3 oz. and 3 lbs.  
(Living with roots available by special order)

**Handling and storage:**  
Store at 2.2°C/36°F

**Shelf life:**  
3 weeks