MP SEEDS VARIETY CATALOG: MICROGREENS GROWING CHART

Microgreens, sprouts, edible flowers and hydroponic lettuce: 121 varieties, plus 7 organic (BIO) varieties in their own rows. Data checked against the product pages on mpseeds.eu, November 2026.

Seeds per 10×20 tray: amount of seed for one standard 10×20-inch tray. Growing time: from sowing to harvest, including soaking and blackout. Sprouts in low temp.: germinates in a cool room (slower growth). Not applicable: does not apply to the growing method. Not available: not recorded yet.

No.	Variety	Type	Difficulty	Taste	Soaking	Blackout	Growing time	Seeds per 10×20 tray	Sprouts in low temp.
1	Adzuki Red Bean	Microgreens	Medium	Creamy, Earthy, Nutty, Slightly Sweet	Yes	6 days	15-17 days	450 g	Yes
2	AlfaAlfa	Sprouts	Easy	Mild	No	2-3 days	7-8 days	26.5 g	Yes
3	Alyssum Snowcloth	Edible flowers	Easy	Mild, honey aroma with peppery and slightly bitter notes	No	None	4-6 weeks	Low density, approx. 1-2 g per tray	Yes
4	Alyssum Violet Queen	Edible flowers	Easy	Slightly spicy, mustard-like	No	None	6-8 weeks (to flowering)	1-1.5 g	Yes
5	Amaranth, Red	Microgreens	Medium to Difficult	Earthy	No	3-4 days	15-16 days	16 g	No
6	BIO Amaranth, Red	Microgreens	Difficult	Mild, slightly nutty	No	3-4 days	15-16 days	16 g	No
7	Anise	Microgreens	Medium to Difficult	Spicy	No	5-7 days	19-21 days	18.5 g	No
8	Arugula, Rocket (BIO)	Microgreens	Easy	Very peppery, sharp, slightly nutty	No	2-3 days	7-8 days	23.7 g	No
9	Arugula, Wild	Microgreens	Easy	Very peppery, sharp, slightly nutty	No	2-3 days	8-12 days	4 g	No
10	Asian Micro Mix	Microgreens	Medium	Spicy	No	3 days	7-8 days	20-30 g	Yes
11	Basil, Cinnamon	Microgreens	Medium	Basilicious mint and fresh cinnamon	No	4-6 days	14-28 days	15 g	No
12	Basil, Italian	Microgreens	Medium	Intense, Cooling	No	4-6 days	14-28 days	20 g	No
13	Basil, Lemon	Microgreens	Medium	Basil, Sweet & Citrusy	No	4-6 days	14-28 days	20 g	No
14	Basil, Red Opal	Microgreens	Medium	Basil, Sweet	No	4-6 days	14-28 days	20 g	No
15	Beet, Bulls Blood	Microgreens	Medium	Earthy flavor	Yes	4-6 days	12-14 days	100 g	Yes
16	Beet, Red	Microgreens	Medium	Earthy flavor	Yes	4-5 days	14-16 days	100 g	Yes
17	Beet, Yellow	Microgreens	Medium	Earthy, Beetroot	Yes	3-4 days	15-16 days	110 g	Yes
18	Borage, Violet	Microgreens	Medium	Cucumber	No	4-5 days	12-14 days	70 g	Yes
19	Broccoli, Calabrese (BIO)	Microgreens	Easy	Cabbage	No	3-4 days	9-10 days	50 g	Yes
20	Broccoli, Raab (BIO)	Microgreens	Easy	Mild Peppery	No	2-3 days	7-9 days	37 g	Yes
21	Buckwheat (BIO)	Microgreens	Easy	Green, salad	Yes	3-4 days	8-12 days	Not available	No
22	Cabbage Michihili	Microgreens	Easy	Mild, slightly sweet, with delicate cabbage notes and a gentle peppery finish.	No	2-4 days	9-12 days	14-40 g	Yes
23	Cabbage, Red	Microgreens	Medium	Cabbage	No	2-3 days	7-9 days	45 g	Yes
24	Caraway	Microgreens	Medium	Mild, slightly bitter	No	5-6 days	19-20 days	Not available	Not available
25	Carrot, Falla	Microgreens	Medium	Mild, delicate carrot flavor	No	5-7 days	17-19 days	26 g	No

No.	Variety	Type	Difficulty	Taste	Soaking	Blackout	Growing time	Seeds per 10×20 tray	Sprouts in low temp.
26	Celery, Leafly	Microgreens	Medium	Sharp	No	5-6 days	19-20 days	6.5 g	No
27	Chervil	Microgreens	Medium	Sweet, reminiscent of Anise, Fennel and Parsley	No	5-6 days	17-18 days	39 g	No
28	Chickpea	Microgreens	Medium	Nutty Flavor	Yes	3 days	9 days	300 g	Yes
29	Chicory Endive	Microgreens	Easy	Crispy, slightly bitter	No	2-3 days	5-8 days	Not available	Yes
30	Chinese Chives - Garlic	Microgreens	Easy	Onion-Garlic	No	6-8 days	14-21 days	50 g	Yes
31	Chinese Mahogany	Microgreens	Medium	Umami	Yes	7 days	14 days	30 g	Yes
32	Cilantro-Coriander, Split (BIO)	Microgreens	Medium	Citrusy	No	5-6 days	19-20 days	34 g	No
33	Clover	Microgreens	Easy	Mild, slightly sweet	No	2-3 days	8-12 days	28 g	Yes
34	Corn Salad	Microgreens	Medium	Green, salad	No	6-10 days	18-21 days	Not available	No
35	Cornflower Double Mixed	Edible flowers	Easy	Mild, slightly sweet, light clove note	No	None	8-10 weeks to flowering	Not available	Yes
36	Cornflower Polka Dot Mixed	Edible flowers	Easy	Mild, slightly herbal or clove-like	No	None	60-90 days	Not available	Yes
37	Cress (BIO)	Microgreens	Easy	Fresh, Spicy	No	2 days	7 days	32 g	Yes
38	Daisy Monstrosa Mix	Edible flowers	Easy	Mild, slightly bitter	No	None	90-120 days (flowering stage)	Low density, approx. 1-2 g per tray	Yes
39	Dandelion	Microgreens	Medium	Mildly bitter, peppery, earthy	No	4-6 days	16-25 days (average 18 days)	4 g	Not available
40	Dill, Dakota	Microgreens	Medium	Sweet, savory with hints of Grassy and Lemon Notes	No	5-6 days	19-20 days	33 g	Yes
41	Echinacea	Microgreens	Easy	Refreshing, cooling cucumber-melon with minty finish	No	3-4 days	10-14 days	15 g	Not available
42	Fava Bean	Microgreens	Medium	Creamy, Earthy, Nutty, Slightly Sweet	Yes	6 days	15-17 days	450 g	Yes
43	Fennel	Microgreens	Medium	Sweet, with an anise aroma	No	5-6 days	19-20 days	33 g	Yes
44	Fenugreek	Microgreens	Easy	Curry, Garam masala	No	3 days	9 days	50 g	Yes
45	Flax	Microgreens	Easy	Mild and lightly nutty, with subtle herbal or mineral notes	No	2-3 days	10-14 days	Not available	Not available
46	Hibiscus	Microgreens	Easy	Sour	No	3-4 days	8-11 days	70 g	No
47	Hyssop	Microgreens	Medium	Bitter at the end, camphor-like, piney	No	2-3 days	16 days	10 g	Yes
48	Kale, Red Russian (BIO)	Microgreens	Easy	Bitter, Sweet	No	3 days	8 days	28.5 g	Yes
49	Kale, Tuscan Black	Microgreens	Easy	Kale-like, Sweet	No	3 days	8 days	28.5 g	Yes
50	Kohlrabi, Red (BIO)	Microgreens	Easy	Light cabbage taste	No	3 days	7 days	28 g	Yes
51	Komatsuna, Red (BIO)	Microgreens	Easy	Mild Sweetness	No	3 days	10-12 days	24 g	Yes
52	Leek	Microgreens	Easy	Onion-Garlic	No	6-8 days	14-21 days	50 g	Yes
53	Lemon Balm	Microgreens	Difficult	Fresh Lemon	No	None (germinate under light)	24-29 days	5 g	Yes

No.	Variety	Type	Difficulty	Taste	Soaking	Blackout	Growing time	Seeds per 10×20 tray	Sprouts in low temp.
54	Lentils, Red	Microgreens	Medium	Neutral, Raw	Yes	4 days	10 days	150 g	Yes
55	Lettuce, Brune D'Hiver	Hydroponic lettuce	Easy to Medium	Mild, sweet, buttery, crisp	Not applicable	Not applicable	40-45 days (full head)	Not applicable	Not available
56	Lettuce, Crisp	Microgreens	Easy	Crispy	No	2-3 days	5-8 days	Not available	Yes
57	Lettuce, Green Salad Bowl	Hydroponic lettuce	Easy to Medium	Mild, slightly sweet, nutty	Not applicable	Not applicable	30-35 days (full head)	Not applicable	Not available
58	Lettuce, Lollo Green	Hydroponic lettuce	Easy	Mild, slightly sweet, gentle	Not applicable	Not applicable	30-35 days (full head)	Not applicable	Not available
59	Lettuce, Lollo Red	Hydroponic lettuce	Easy to Medium	Mild, slightly sweet, nutty	Not applicable	Not applicable	30-35 days (full head)	Not applicable	Not available
60	Lettuce, Red Salad Bowl	Hydroponic lettuce	Easy to Medium	Mild, sweet, delicate, slightly nutty	Not applicable	Not applicable	30-40 days (full head)	Not applicable	Not available
61	Lupine (BIO)	Microgreens	Medium	Umami Mild Nutty Sweet	Yes	3-5 days	10-12 days	230 g	Yes
62	Maiden Pink	Edible flowers	Easy	Mild, slightly sweet, clove-like	No	None	8-12 weeks to flowering	Not available	Yes
63	Marigold, Beauty	Microgreens	Medium	Citrus, Spicy	No	4-5 days	10-13 days	Not available	No
64	Melon, Cantaloupe	Microgreens	Medium	Sweet, Crispy	Yes	5-6 days	16-20 days	150 g	No
65	Milk Thistle	Microgreens	Easy	Sweet	No	3-4 days	7-8 days	130 g	No
66	Mizuna, Green	Microgreens	Easy	Spicy	No	3-4 days	7-12 days	18 g	Yes
67	Mizuna, Red Frills	Microgreens	Easy	Spicy	No	3-4 days	7-12 days	18 g	Yes
68	Mung Bean	Microgreens	Medium	Neutral	Yes	3-4 days	8-9 days	215 g	No
69	BIO Mustard Red	Microgreens	Easy	Spicy	No	3 days	8-11 days	35 g	Yes
70	Mustard, Black	Microgreens	Easy	Spicy	No	3 days	10-11 days	31 g	Yes
71	Mustard, Chinese "B"	Microgreens	Easy	Spicy	No	3 days	10-11 days	31 g	Yes
72	Mustard, Radd	Microgreens	Easy	Spicy	No	3 days	8-11 days	35 g	Yes
73	Mustard, Red Giant	Microgreens	Easy	Spicy	No	3 days	8-11 days	35 g	Yes
74	Mustard, Spicy	Microgreens	Easy	Very spicy and peppery, with a distinctive horseradish-like finish	No	3 days	10-11 days	31 g	Yes
75	Mustard, Wasabi	Microgreens	Easy	Spicy	No	3 days	10-11 days	31 g	Yes
76	Mustard, White	Microgreens	Easy	Spicy	No	3 days	10-11 days	31 g	Yes
77	Nasturtium, Empress Of India - Dark Selection	Microgreens	Medium	Cooling, Spicy	Yes	7 days	14-17 days	200 g	No
78	Nasturtium, Tom Thumb	Microgreens	Medium	Refreshing, Spicy	Yes	7 days	14-17 days	200 g	Yes, but slower
79	Nasturtium, Tom Thumb Alaska	Microgreens	Medium	Cooling, Spicy	Yes	7 days	14-17 days	200 g	No

No.	Variety	Type	Difficulty	Taste	Soaking	Blackout	Growing time	Seeds per 10×20 tray	Sprouts in low temp.
80	Nigella damascena 'Persian Jewels'	Edible flowers	Easy	Mild, slightly herbal	No	None	8-12 weeks	Not available	Yes
81	Onion, Barbra	Microgreens	Easy	Onion	No	6 days	11 days	50 g	Yes
82	Oregano	Microgreens	Easy	Oregano	No	1-4 days	21-35 days	Not available	No
83	Pak Choi, Red	Microgreens	Easy	Mild Sweetness	No	3-4 days	9-12 days	40 g	Yes
84	Pak Choi, White Stem	Microgreens	Easy	Mild Sweetness	No	3-4 days	9-12 days	40 g	Yes
85	Parsley	Microgreens	Medium	Pure strong Parsley	No	7 days	21-23 days	25 g	Yes
86	Parsley, Curly	Microgreens	Medium	Pure strong Parsley	No	7 days	21-23 days	25 g	Yes
87	Pea Dunn	Microgreens	Medium	Fresh, Slightly nutty and sweet	Yes	3-4 days	7-9 days	280 g	Yes
88	Pea, Foxy (BIO)	Microgreens	Medium	Fresh, Slightly nutty and sweet	Yes	3-4 days	9-11 days	250 g	Yes
89	Pea, Frilly	Microgreens	Medium	Fresh, Slightly nutty and sweet	Yes	5 days	16 days	280 g	Yes
90	Pea, Jumbo	Microgreens	Medium	Fresh, Slightly nutty and sweet	Yes	5 days	16 days	280 g	Yes
91	BIO Pea, Jumbo	Microgreens	Medium	Fresh, Slightly nutty and sweet	Yes	3-5 days	9-11 days	250 g	Yes
92	Pea, Salad	Microgreens	Medium	Fresh, Slightly nutty and sweet	Yes	5 days	16 days	250 g	Yes
93	Pea, Taiga	Microgreens	Medium	Fresh, Slightly nutty and sweet	Yes	5 days	16 days	280 g	Yes
94	Pea, White	Microgreens	Easy	Fresh, Slightly nutty and sweet	Yes	4 days	9-12 days	250 g	Yes
95	Perilla Green Shiso	Microgreens	Difficult	Mint, Anise, Herbal, Light licorice	No	None (germinate under light)	12-15 days	Not available	No
96	Perilla Red Shiso	Microgreens	Medium	Mix of mint Anise, Basil and Oregano	No	None (germinate under light)	12-15 days	Not available	No
97	Perilla Shiso BiColor	Microgreens	Easy	Mild herbal flavor	No	None (germinate under light)	12-15 days	10 g	No
98	PopCorn	Microgreens	Medium	Sugary, Sweetness	Yes	5 days	15 days	315 g	Yes
99	Radish Micro Mix	Microgreens	Easy	Spicy	No	3 days	5 days	16 g	Yes
100	BIO Radish Pink	Microgreens	Easy	Subtle flavor	No	3 days	9 days	51 g	Yes
101	BIO Radish Red Rambo	Microgreens	Easy	Spicy	No	3 days	9 days	65 g	Yes
102	BIO Radish White	Microgreens	Easy	Spicy	No	3 days	8 days	48 g	Yes
103	Radish, Daikon	Microgreens	Easy	Spicy	No	3 days	8 days	30-40 g	Yes
104	Radish, Pink	Microgreens	Easy	Peppery, with a spicy radish flavor	No	3 days	9 days	38 g	Yes
105	Radish, Red Rambo	Microgreens	Easy	Spicy	No	3 days	7-9 days	30-40 g	Yes
106	Radish, Rose (BIO)	Microgreens	Easy	Spicy	No	3 days	9 days	48 g	Yes
107	Rape	Microgreens	Easy	Mild, tender, broccoli-like	No	2-3 days	5-8 days	22 g	Yes
108	Sage	Microgreens	Medium	Fresh, herbs	No	3-4 days	20-21 days	20 g	No
109	Salad Burnet	Microgreens	Medium	Earthy, Nutty	No	10 days	21-23 days	3 g	No

No.	Variety	Type	Difficulty	Taste	Soaking	Blackout	Growing time	Seeds per 10×20 tray	Sprouts in low temp.
110	**Salvia, Clary Sage**	Microgreens	Medium	Mild herbal, earthy with subtle sage notes	No	3-4 days	14+ days	~15 g	Not available
111	**Shungiku**	Microgreens	Medium	Sour, Sweet	No	4-5 days	10-13 days	Not available	No
112	**Snapdragon Maximum Mix**	Edible flowers	Medium	Mild, slightly bitter, floral	No	None	110-120 days	Not available	Yes
113	**Sorrel, Red Veined**	Microgreens	Difficult	Lemony, Sour	No	7 days	21 days	3 g	No
114	**Spinach, Lorelay**	Microgreens	Medium	Sour	No	7 days	15 days	65 g	No
115	**BIO Sunflower**	Microgreens	Medium	Sweet	Yes	4-5 days	8-9 days	150 g	No
116	**Sunflower, Big**	Microgreens	Medium	Sweet	Yes	4-5 days	8-9 days	150 g	No
117	**Sunflower, Small**	Microgreens	Medium	Sweet	Yes	4-5 days	8-9 days	Not available	No
118	**Swiss Chard, Pink**	Microgreens	Medium	Earthy, Beetroot	Yes	5-6 days	15-16 days	80 g	Yes
119	**Tagette Mexican Marigold**	Microgreens	Medium	Sweet	No	4-5 days	10-13 days	12 g	No
120	**Tagette Peruvian - Huacatay**	Microgreens	Medium	Sour	No	4-5 days	10-13 days	12 g	No
121	**Tagette, Citron**	Microgreens	Medium	Mild, citrusy	No	4-5 days	10-13 days	12 g	No
122	**Tagette, Pink**	Microgreens	Medium	Sour	No	4-5 days	10-13 days	12 g	No
123	**TatSoi**	Microgreens	Easy	Mild Sweetness	No	3-4 days	9-12 days	40 g	Yes
124	**Thyme**	Microgreens	Easy	Thyme	No	1-4 days	21-35 days	Not available	No
125	**Turnip**	Microgreens	Easy	Sweetness and hint of pepper spice	No	2-3 days	7-9 days	24 g	Yes
126	**Watercress**	Microgreens	Medium	Bold, peppery, slightly spicy; mustard/radish-like	No	Until germination starts / around 7 days	21-27 days	10-12 g	Yes
127	**WheatGrass (BIO)**	Microgreens	Medium	Mild Sweetness	Yes	4 days	8 days	200 g	No
128	**Yarrow, White**	Microgreens	Difficult	Sour	No	6-9 days	20-30 days	3 g	No

Full guide with types of microgreens by plant family and flavor: https://mpseeds.eu/guide-to-all-microgreens-varieties-table