

COLZA

Brassica napus sprouts

Mild and fresh



- **COLZA (BRASSICA NAPUS) SPROUTS**



Seeds from the new *Brassica napus* variety "WITT" provide a tasty and nutritious sprout product. WITT has been selected for absence of bitterness in the plant, so WITT sprouts have a mild and appealing fresh taste. The sprouts may look like alfalfa sprouts but the WITT sprouts are thicker and give a different perception in the mouth as compared to alfalfa sprouts.

The production of WITT sprouts is similar to production of broccoli and mustard sprouts.

- **KNOLD + TOP APS**

is an independent company breeding *Brassica napus var. napus*. We have developed new genetic backgrounds which make the leaves very tasty. This is in contrast to normal oilseed rape [canola] which expresses a strong bitter taste of the leaves.

Our breeding is classical and without GMO's. All our varieties have passed the European Union test for Distinctness, Uniformity and Stability [the DUS-test].

Nutrition Facts for WITT sprouts

Amounts per 100 g

Energy:	118 kcal/486 kJ
Total Fat	9.6 g
Saturated Fat	0.7 g
Monounsaturated Fat	4.4 g
Polyunsaturated Fat	2.5 g
Total Carbohydrate	0.0 g
Sugars	0.6 g
Dietary Fibers	8.9 g
Protein	3.5 g
Salt	0 g

Glucosinolates

Like sprouts and leaves from the cabbage family the colza sprouts are rich sources of glucosinolates. To some extent glucosinolates prevent certain types of cancer, diabetes 2 and other diseases.

Glucosinolates are known to be health promoting. However it is not the glucosinolates themselves but their degrading products which have the beneficial properties.

So the process is as follows:



When vegetables from the cabbage family are boiled, the enzyme Myrosinase is destroyed and only a few of the degrading products are made. The human digestion system is not very good at degrading glucosinolates, and therefore a lot of the health benefits from the glucosinolates are lost.

By adding colza sprouts (or other sprouts from the cabbage family or fresh leaves from the cabbage family) to the cooked cabbage you will add Myrosinase, and thus colza sprouts can make the degrading products from the sprouts as well as the boiled vegetable available for the body.

Fresh sprouts added to cooked brassica vegetables will boost their health value!



Growing colza sprouts in a "Bergs Bio Salad" kit

Seed

There is plenty of seed available from conventional grown seed fields.

Organic seed is available in more limited amounts. Organic seed will be produced in large amounts when there is a demand from the market.

Our seed is cleaned and bagged by Vikima Seeds A/S. Vikima is very well equipped for seed cleaning.

We supply samples for test free of charge.

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