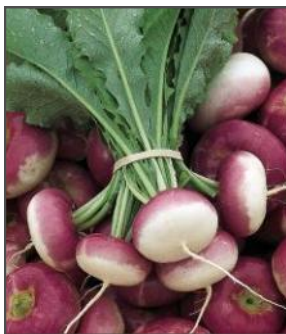


# SUTTONS SEEDS

Est. 1806

## SPEEDY VEG



**Grow your own healthy fast food!**

[www.suttons.com](http://www.suttons.com)

## ➤ Background

Following a piece of specially commissioned marketing research by Suttons Seeds, we were fascinated to find that a large amount of consumers, experts as well as beginners, wanted to be able to plant seeds that grew and cropped quickly.

This revelation led to the birth of *SpeedyVeg*; a selection of healthy vegetables that really do live up to their name by producing tasty crops from within a matter of days up to 12 weeks!





- **Crops ready to eat in just 1 week!**
- Satisfies even the most impatient gardener.
- Quick and easy supply of healthy fast food.
- Delicious crops ranging from Microgreens and Sprouting Seeds which are **ready in just one week.**
- To tasty Carrots and Beetroot ready in 12 weeks.
- Also included in the range: Cut and Come Again Lettuces Mixes, French Beans, Leeks, Spring Onions, Radish and even Turnips.



### Awards and Accolades

#### *Which?* Gardening Best Buy SpeedyVeg

Consumer magazine *Which?* Gardening tested Suttons 'SpeedyVeg' seeds to ensure these fantastic products live up to their name; and they did!



*Which?* Gardening stated that: **Suttons SpeedyVeg is 'Spot on'.**



**1<sup>st</sup> Place:** Radish 'Jolly'

**2<sup>nd</sup> Place:** Turnip 'Atlantic'

**3<sup>rd</sup> Place:** Lettuce 'Lollo Rossa'

*Which?* Gardening declares Suttons SpeedyVeg as 'Spot on'!



- Excellent starter seeds
- Quick germination
- Edible crops in just one week!
- Easy to grow—in the garden or on the windowsill
- More flavour than mature greens
- Ideal for small space gardening
- Packed with vitamins and nutrients
- Year-round crops
- Value for money
- Unlimited consumer satisfaction

### Why Choose Suttons SpeedyVeg?

- Maximise your profit per sq ft/m
- Also available on Suttons Beginners Collection stand
- Average increase in sales of 16% over the last 4 years
- Product specifically produced to meet customer demand



➤➤➤ **Product Information**

**Ready in 1 week**

**Sprouting Seeds**

Alfalfa

**Microgreens**

Basil dark Opal

Broccoli green

Rocket Victoria

**Cress**

Mustard

Curled

**Ready in 3 weeks**

**Tasty Salad Leaves**

Lettuce Mix

Stir Fry Mix

Oriental Mix

Cos Mix

Italian Mix

French Mix

Spicy Mix

Winter Mix



## Product Information

### Ready in 4 weeks

Californian Mix Lettuce  
Radish Jolly  
Rocket

### Ready in 6 weeks

Spinach Tetona

### Ready in 7 weeks

Dwarf French Beans

### Ready in 8 weeks

Lettuce Lollo Rossa  
Turnip Atlantic

### Ready in 9 weeks

Kohl Rabi Logo

### Ready in 10 weeks

Beetroot Action  
Leek Atal  
Onion Apache  
Calabrese Sakura

### Ready in 12 weeks

Carrot Ideal





## Fascinating Facts

### *Did you know...*

- Lettuce can be used as a mild sedative! The juice from the stalk has been known to calm nerves and aid sleep.
- Lettuce is a diuretic and can help with water retention and bloating.
- Lettuce leaves are packed with vitamins, antioxidants, nutrients and minerals.
- You can eat both the root and the leaves of turnips. Providing a helping of vitamins C & A.
- Turnips are very low in calories and saturated fat.
- Carrots are an excellent source of vitamin A & Beta-Carotene.



## Fascinating Facts

- Beans are one of the easiest vegetables to grow.
- Regularly eating beans can help boost your immune system.
- Leeks are closely related to onions and garlic.
- Kohl Rabi, also known as 'German turnip' or 'cabbage turnip' is part of the brassica family. These are similar in texture to a broccoli stem but taste sweeter.

- Spinach is extremely high in vitamins, minerals and other phytonutrients
- Spinach is low in calories, and is full of vitamins C & A, minerals and iron.
- Add a hand full of Alfalfa to your salad for a tasty crunch and a boost of vitamins and nutrients.



- Juicing any combination of Suttons *SpeedyVeg* can give your immune system a boost of vitamins, nutrients and minerals the body craves.





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Inspiring  
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