Urban Ponics
Full Spectrum Farming

URBAN PONICS

Curated Produce Catalogue



PREPARED BY
Urban Ponics
www.urbanponics.nl

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COMPANY OVERVIEW

Urban Ponics is a Dutch AgTech company designing innovative urban farming projects with minimal capital expenditure. Inspired by nature and driven by technology, we transform challenging growing conditions into fertile opportunities.

FARM TO TABLE BOTANICAL SELECTION

This kit contains 65 varieties across 5 categories, a curated selection of leafy greens, fruit vegetables, culinary herbs, legumes, and microgreens, each chosen for controlled environment cultivation.

Every variety is selected for compact growth habit, continuous harvest potential, and culinary versatility. From fast-cycling baby leaves and microgreens ready within days, to fruiting crops that deliver across a full growing season, the kit is designed to establish a diverse, productive system from day one.

Flavour range spans mild butter lettuces through peppery arugulas and mustards to fiery habaneros and aromatic herbs. Heirloom and heritage varieties sit alongside modern F1 hybrids bred for disease resistance, bolt tolerance, and high yield in indoor and vertical setups. Whether you are a hotel kitchen, a restaurant rooftop, or a residential community, this is your starting palette.

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01
SALADS
& LEAFY GREENS

Foundation leaves for composed salads, garnishes, and side dishes.
Classic European lettuces alongside modern cultivars selected for texture, colour, and consistent yield.

31 VARIETIES



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01 SALADS & LEAFY GREENS

01.01 **Italian Salad Mix**
Classic base for antipasti plates and composed salads
MILD

01.02 **Arugula**
Raw on pizza, carpaccio, or warm grain bowls
PEPPERY

01.03 **Iceberg**
Wedge salads, wraps, and textural contrast
CLEAN

01.04 **Tricolore**
Three-leaf blend for visual plating
MILD

01.05 **Oak Leaf Lettuce**
Gentle cup shape holds dressings and vinaigrettes
BUTTERY

01.06 **Frisée**
Pairs with lardons, poached egg, warm dressings
BITTER

01.07 **Lamb's Lettuce**
Delicate rosettes for fine dining plating
NUTTY

01.08 **Round Head Batavia**
Sturdy leaves for layered preparations
CRISP

01.09 **Loose Leaf Batavia**
Soft texture, ideal as a bed for proteins
MILD

01.10 **Romaine Lettuce**
Grill halved hearts with anchovy dressing
MILD

01.11 **Lollo Bionda**
Ruffled edges catch and hold vinaigrettes
MILD

01.12 **Lollo Rosso**
Deep colour for visual contrast on the plat
MILD

01.13 **Spinach**
Raw in salads, wilted into pasta and eggs
EARTHY

01.14 **Malabar Spinach**
Thick succulent leaf, holds heat well in curry
EARTHY

01.15 **Butterhead Lettuce**
Silky cups for tartare and small bites
BUTTERY

01.16 **Coral Lettuce**
Ruffled edges add aesthetic to composed plates
MILD

01.17 **Cress**
Micro-finish for canapés and amuse-bouche
PEPPERY

01.18 **Endive**
Braised whole, or raw boats for passed bites
BITTER

01.19 **Little Gem**
Grill or char halved, holds its shape beautifully
SWEET

01.20 **Mesclun**
Pre-composed blend for quick elegant salads
MIXED

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01 SALADS & LEAFY GREENS

01.21 **Radicchio**
Grill to caramelize, raw for risotto and salads
BITTER

01.22 **Curly Kale**
Dehydrate into chips or use as a textured garnish
EARTHY

01.23 **Tuscan Kale**
Braise with white beans, or ribbon into soups
ROBUST

01.24 **Salanova Crispy Green**
Single-cut harvest, uniform leaves for service
SWEET

01.25 **Salanova Trocadero Red**
Deep burgundy colour, soft buttery texture
MILD

01.26 **Salanova Cool Mix**
Cool-toned blend for visual variety
MILD

01.27 **Farmer Lettuce Mix**
Rustic field blend with seasonal character
MIXED

01.28 **Swiss Chard**
Stems and leaves cook separately, braise or sauté
MINERAL

01.29 **Rainbow Chard**
Vivid stems for colour, mild leaves for wilting
MINERAL

01.30 **Sweet Potato Leaves**
Wilt quickly in garlic and sesame oil
EARTHY

01.31 **Wasabi Arugula**
Intense heat finishes sashimi and raw dishes
SPICY

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02
VEGETABLES & FRUITS

Compact fruiting varieties chosen for controlled environment growing. From heirloom tomatoes to tender zucchini, essentials for a refined kitchen garden.

7 VARIETIES



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02 VEGETABLES & FRUITS

03.01 **Red Cherry Tomatoes**
Bright acidity for raw and quick-cooked dishes

TANGY

03.02 **Cucumbers**
Pickled, ribboned, or chilled in gazpacho

COOL

03.03 **Bell Peppers**
Char and peel for romesco, stuff, or grill whole

SWEET

03.04 **Peas**
Blanch briefly, purée for velouté or fold into risotto

SWEET

03.05 **Strawberries**
Macerate with herbs, pair with aged balsamic

SWEET

03.06 **Zucchini**
Crisp body holds up well in tossed salads

SWEET

03.07 **Eggplant**
Roast whole for baba ganoush, slice for parmigiana

SMOKY

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03
HERBS
& AROMATICS

Fragrant herbs and edible aromatics for finishing, infusions, and pastry. An extensive mint collection complements Mediterranean and Middle Eastern staples.

30 VARIETIES



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03 HERBS & AROMATICS

03.01 **Genovese Basil**
The classic pesto leaf, tear over summer dishes
AROMATIC

03.02 **Thai Basil**
Hold its shape in heat; curries, pho, stir-fry
ANISE

03.03 **Peppermint**
Steep for tea, muddle into cocktails and syrups
COOL

03.04 **Spearmint**
Lighter mint for tabbouleh, raita, and desserts
SWEET

03.05 **Moroccan Mint**
Traditional tea mint, intensely aromatic
BRIGHT

03.06 **English Mint**
Classic for mint sauce, lamb, and juleps
COOL

03.07 **Apple Mint**
Mild sweetness for fruit salads and infusions
FRUITY

03.08 **Strawberry Mint**
Gentle berry note for dessert garnish
DELICATE

03.09 **Pineapple Mint**
Variegated leaf, bright flavour in cold drinks
TROPICAL

03.10 **Chocolate Mint**
Rich undertone for ganache, ice cream, and mousse
WARM

03.11 **Lemon Verbena**
Intensely fragrant, steep for tisane or custard
CITRUS

03.12 **Lemon Balm**
Gentle lemon for vinaigrettes and herbal butter
CITRUS

03.13 **Salvia**
Fry until crisp, use as aromatic garnish
EARTHY

03.14 **Chamomile**
Infuse into creams, syrups, and ice cream base
FLORAL

03.15 **Stevia**
Natural sweetening leaf for beverages
SWEET

03.16 **Chervil**
Fine herb for eggs, cream sauces, and fish
DELICATE

03.17 **Cilantro**
Essential for ceviche, salsa, and Asian soups
PUNGENT

03.18 **Flat Parsley**
Stronger flavour, chop into gremolata and sauces
ROBUST

03.19 **Curly Parsley**
Classic garnish, fried or fresh
MILD

03.20 **Lovage**
Intense celery flavour for stocks and broths
CELERY

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03 HERBS & AROMATICS

03.21 **Dill**
Pair with cured fish, cucumber, and yoghurt
FRESH

03.22 **Celery**
Mirepoix foundation, juice, or shave raw
SAVOURY

03.23 **Stone Leek**
Mild onion character for slow-cooked dishes
ALLIUM

03.24 **Chives**
Snip over eggs, potatoes, and cream-based dishes
MILD

03.25 **Garlic Chives**
Flat blade with garlic bite, wilt into dumplings
PUNGENT

03.26 **Rosemary**
Infuse into oils, roast with lamb and root veg
RESINOUS

03.27 **Mustard Herbs**
Sharp bite as a raw micro green or salad accent
SPICY

03.28 **Yarrow**
Bitter-floral garnish for tasting menu courses
FLORAL

03.29 **Dragon Herb**
Tarragon-like, classic with chicken and béarnaise
ANISE

03.30 **Purslane**
Succulent leaf, high omega-3, raw or quick-pickled
TANGY

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04
ASIAN CROPS

East and Southeast Asian greens for stir-fry, broth, and raw preparation. Fast-growing brassicas and specialty leaves that thrive under hydroponic cultivation.

23 VARIETIES



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04 ASIAN CROPS

04.01 **Shanghai Bok Choy**
Halve and sear in hot wok with garlic
MILD

04.02 **Bok Choy**
Versatile stir-fry green, steam or braise whole
MILD

04.03 **Purple Bok Choy**
Striking colour, steam gently to preserve
MILD

04.04 **Baby Bok Choy**
Whole in broth, charred as a side
MILD

04.05 **Nai Bai**
Spoon-shaped leaf, silky when wilted
MILD

04.06 **Xiao Bai Cai**
Quick blanch with oyster sauce
MILD

04.07 **Kailan**
Chinese broccoli, blanch and dress with soy
ROBUST

04.08 **Japanese Kailan**
Sweeter stem, blanch and finish with dashi
SWEET

04.09 **Komatsuna**
Japanese mustard spinach, sauté or add to miso
MILD

04.10 **Japanese Mizuna**
Finer cut, delicate raw garnish
PEPPERY

04.11 **Tong Ho**
Chrysanthemum greens for hot pot and broth
FRAGRANT

04.12 **Tatsoi**
Spoon-shaped rosette, wilt gently into stir-fry
BUTTERY

04.13 **Tokyo Bekana**
Pale ruffled leaf for light salads and wraps
LIGHT

04.14 **Cai Xin Hua**
Flowering choy sum, stir-fry stems and blooms
FLORAL

04.15 **Water Spinach**
Hollow stems, flash-fry with chilli and shrimp paste
EARTHY

04.16 **Watercress**
Raw in salads, wilt into soups and broths
PEPPERY

04.17 **Amaranth**
Vibrant red leaves, sauté with garlic and ginger
EARTHY

04.18 **Mustard Greens**
Braise low and slow, or pickle for condiments
SPICY

04.19 **Bayam Spinach**
Tropical spinach, gentle sauté with coconut
MILD

04.20 **Chinese Spinach**
Fine texture, wilt quickly into clear soups
MILD

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04 ASIAN CROPS

04.21 **Sharp Spinach**
Slight kick, good in spiced coconut preparations

PIQUANT

04.22 **Round Spinach**
Tender round leaf, gentle heat only

MILD

04.23 **Pandan Leaves**
Knot and steep into rice, custard, and syrup

FRAGRANT

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05
MICROGREENS & SPECIALTY CROPS

All cress, microgreens, and mesclun varieties can be produced in the Urban Ponics LED Grow-KART. Fast-cycling crops harvested for maximum flavour, colour, and nutritional density.

53 VARIETIES



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04 MICROGREENS & SPECIALTY CROPS

05.01 **Garden Cress**
Classic peppery micro, ready in 5–7 days
PEPPERY

05.02 **Watercress**
Iron-rich, sharp bite, aquatic grower
PEPPERY

05.03 **Mustard Cress**
Hot and tangy, classic garnish micro
SPICY

05.04 **Broccoli Cress**
Sulforaphane-rich sprout, delicate stems
MILD

05.05 **Radish Cress**
Pink-stemmed, horseradish bite
SPICY

05.06 **Wasabi Cress**
Intense wasabi heat, sashimi-grade garnish
FIERY

05.07 **Pea Shoots**
Sweet tendrils, salad topper or stir-fry finish
SWEET

05.08 **Red Vein Sorrel**
Striking red veins, tangy lemon bite
TANGY

05.09 **Mizuna**
Feathery Japanese micro, mild mustard note
PEPPERY

05.10 **Tatsoi**
Spoon-leaf micro, creamy and mild
BUTTERY

05.11 **Red Cabbage**
Deep purple micro, vibrant plate colour
MILD

05.12 **Amaranth**
Magenta micro, earthy-sweet, striking garnisH
EARTHY

05.13 **Dill**
Anise-forward micro, pairs with fish and dairy
AROMATIC

05.14 **Basil**
Green, purple, lemon, cinnamon, and Thai varieties
FLORAL

05.15 **Coriander**
Citrus-bright micro, intense cilantro flavour
CITRUS

05.16 **Carrot**
Fine feathery tops, sweet carrot essence
SWEET

05.17 **Onion**
Thin black-seeded shoots, mild allium bite
ALLIUM

05.18 **Garlic Chives**
Flat blade micro, garlic-onion punch
PUNGENT

05.19 **Shiso**
Japanese perilla, minty-basil complexity
COMPLEX

05.20 **Sorrel**
Green, wild, and red vein, lemony and tart
TANGY

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04 MICROGREENS & SPECIALTY CROPS

05.21 **Fennel**
Wispy anise micro, pairs with seafood
ANISE

05.22 **Lollo Verde Lettuce**
Ruffled green micro, mild and decorative
MILD

05.23 **Lamb's Lettuce**
Tiny rosette micro, nutty and tender
NUTTY

05.24 **Arugula**
Peppery micro rocket, fast germination
PEPPERY

05.25 **Wild Arugula**
Intense narrow-leaf micro, deeper heat
INTENSE

05.26 **Black Mustard**
Dark-stemmed micro, sharp wasabi kick
FIERY

05.27 **White Mustard**
Milder mustard heat, yellow-seeded
SPICY

05.28 **Red Mustard**
Purple-red leaves, horseradish punch
SPICY

05.29 **Pink Radish**
Bright pink stems, crisp peppery bite
PEPPERY

05.30 **Daikon Radish**
Thick white stems, clean radish heat
CRISP

05.31 **Purple Radish**
Deep violet micro, dramatic plate accent
PEPPERY

05.32 **Pea**
Standard pea micro, sweet and crunchy
SWEET

05.33 **Pea Carouby**
Purple-flowered heirloom, tall sweet shoots
SWEET

05.34 **Pea Senator**
Compact and productive, classic micro pea
SWEET

05.35 **Dandelion**
Green, red, and wild, bitter cleansing micro
BITTER

05.36 **Borage**
Cucumber-flavoured micro, edible blue flowers
COOL

05.37 **Nasturtium**
Peppery round leaf, vivid edible flowers
PEPPERY

05.38 **Chickweed**
Delicate mild green, subtle grassy sweetness
MILD

05.39 **Ice Plant**
Glistening succulent leaf, salty-crisp texture
SALTY

05.40 **Lemon Balm**
Gentle citrus micro, calming herbal note
CITRUS

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04 MICROGREENS & SPECIALTY CROPS

05.41 **Mint**
Cool menthol micro, dessert and drink garnish
COOL

05.42 **Spearmint**
Sweeter mint micro, lighter menthol
SWEET

05.43 **Nettle**
Mineral-rich micro, earthy spinach-like
EARTHY

05.44 **Papaya Leaf**
Tropical micro, bitter-herbal complexity
BITTER

05.45 **Leek**
Mild onion micro, fine chive-like shoots
ALLIUM

05.46 **Quinoa**
Magenta-green micro, mild earthy sprout
EARTHY

05.47 **Sunflower**
Chunky nutty micro, satisfying crunch
NUTTY

05.48 **Alfalfa**
Classic sprout, mild and crisp, ready in days
MILD

05.49 **Purslane**
Succulent omega-3 micro, lemony tang
TANGY

05.50 **Savory**
Thyme-like micro, warm peppery herb
WARM

05.51 **Oak Leaf Lettuce**
Green and red varieties, soft baby leaves
MILD

05.52 **Maruja**
Rare Iberian micro, mild lettuce-like
MILD

05.53 **Colleja**
Wild Spanish green, delicate asparagus-like
DELICATE

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