

Microgreens Are Good For You!

Microgreen	Flavor	Nutrition	Health Benefits
Arugula	Zesty and Peppery	Vitamins A, B, C and E, Calcium, Iron, Magnesium, Niacin, Phosphorus, Potassium, Antioxidants, All Essential Amino Acids, Protein: 20-25%	Arugula wards off cancer, keeps bones healthy and strong, reduces acidity and protects against ulcers, and keeps your eyes healthy.
Broccoli	Mildly spicy	Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Trace Elements, Amino Acids, Antioxidants, Protein: 35%	Packed with powerful cancer-prevention antioxidants, broccoli microgreens bring nutrition wherever they are sprinkled, blended, tossed, or just eaten. A broccoli sprout study at Johns Hopkins University revealed that broccoli sprouts only three days old can have up to 50 times more phytonutrients as a mature broccoli head.
Cilantro	Love cilantro? You will love this amazing flavor.	Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids, Trace Elements Protein: 30-35%	Cilantro health benefits include ridding the body of heavy metals, protecting against oxidative stress, lowering anxiety, improving sleep, and lowering blood sugar levels.
Kale	Nice, mild and nutty. Very tender.	Vitamins A, B, C, E and K Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc Carotene, Chlorophyll, Amino Acids, Trace Elements Protein: 30-35%	Kale is low in calories and high in iron., filled with powerful antioxidants, a great anti-inflammatory. Kale offers cardiovascular support and is a great detox food.
Pea Shoot	Fresh and mildly pea-flavored	Vitamins A, B, C and E Calcium, Chlorophyll, Iron, Magnesium, Niacin, Phosphorus, Potassium Amino Acids Protein: 20-25%	Six health benefits of pea shoots are cancer prevention, high in antioxidants, anti-inflammatory, lowers sugar levels, helps with weight loss and can improve heart health.

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Radish	Spicy, peppery	Vitamins (A, B1, B2, C and PP) and minerals (iron, potassium, calcium, magnesium, sodium and phosphorus), which help strengthen the muscular tissues, develop the sight, have antiseptic properties and stimulate the secretion of gastric juices, improving the digestive process as well as our organism's overall defenses.	Radishes are great for red blood cells, high on fiber, reduces risk of cardiovascular disease, helps lower blood pressure, improves immunity, helps with metabolism, and good for the skin.
Red Cabbage	Fresh and sweet like cabbage.	Vitamins A, B, C, E and K Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc Carotene, Chlorophyll, Amino Acids, Trace Elements Antioxidants Protein: 20-25%	Boosts the immune system. Fights inflammation and arthritis. Aids healthy bones and reduces the risk of osteoporosis. Combats chronic disease and promotes a healthy gut.
Sunflower	Nutty	Vitamins A, B, C and E Calcium, Chlorophyll, Iron, Magnesium, Niacin, Phosphorus, Potassium Amino Acids Protein: 20-25%	Sunflower micros are a complete plant protein. They are full of folate and B complex, contain up to 100 times the enzymes of regular, full-grown greens. Sunflower micros are high in anti-oxidants and boost immunity.