



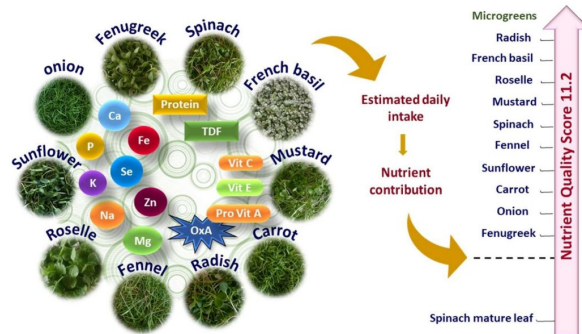
# MICROGREENS



**Microgreens are proven to contain an average of 10x more vitamins and nutrients than fully mature vegetable.**

Raw microgreens offer as much fiber as traditional servings of vegetables, but are much more tender and easier to eat. Microgreens are a great sources of trace minerals.

According to a study published in the *Journal of Food Composition and Analysis*, microgreens were found to be good sources of protein, dietary fiber, essential elements; excellent sources of ascorbic acid, Vitamin E and beta-carotene with lower levels of oxalate, which equates to better mineral absorption. Ten microgreens were analyzed and a Nutrient Quality Score (NQS) was computed based on eleven desirable nutrients. Radish microgreens were found to be the most nutrient dense, The NQS showed that all the microgreens are 2–3.5 times more nutrient dense than spinach mature leaves cultivated under similar conditions.<sup>1</sup>



## Black Oil Sunflower

*Nutrients:*

**Vitamin A, C, B-Complex, protein, amino acids, calcium, iron, potassium phosphorus, magnesium,**

## Dun Peas

*Nutrients:*

**Vitamins A, C, E, B1, B2, B3, B6, Protein, omega-3 and these three protective agents: folate, antioxidants, and carotene.**

## Daikon Radish

Radish microgreens contain 40 times higher levels of vital nutrients than mature radishes. One of the highest in ascorbic acid and carotenoids

*Nutrients:*

**Vitamins A, B, C, E, & K, folic acid, niacin, potassium, iron, phosphorus, pantothenic acid, calcium, magnesium, zinc, carotenes<sup>2</sup>**

## Broccoli -waltham 29

A nutritional powerhouse containing potent antioxidants

*Nutrients:*

**Vitamin A, K, folate, calcium, iron and phosphorus<sup>2</sup>**

## Pak Choi

Mild, earthy, slightly sweet with fresh, crisp texture

*Nutrients*

**Vitamins C, K, and E, beta-carotenes, and iron<sup>2</sup>**

# Kale

Kale is an extremely nutrient dense food source. Receive all of the health benefits of kale and avoid the sometimes bitter taste that comes with full grown kale.

**Nutrients:** *Vitamins A, C, and K, antioxidants, fiber, iron, copper<sup>2</sup>*

## Cantaloupe

The flavor of these melon microgreens will surprise you with amazingly fresh melon flavor and aroma.

**Nutrients:**  
*antioxidants, fiber, Vitamins A, C, E, and K<sup>2</sup>*

## Leek

Excellent substitute for onion anywhere. A little goes a long way!

**Nutrients:**  
*Vitamins A, C, calcium, iron, phosphorus<sup>2</sup>*

## Swiss Chard

High levels of antioxidants. All of the health benefits of full grown swiss chard are found in the microgreen.

**Nutrients:**  
*Vitamins A, B, C, E, and K, calcium, magnesium, potassium, iron, zinc, and protein<sup>2</sup>*

## Mild salad mix

Broccoli, Kale, Kohlrabi, Arugula, Cabbage

## Spicy Salad Mix

Broccoli, Kale, Kohlrabi, Arugula, Red Cabbage with Mustard and Radish for an extra kick.

A superb mix of nutrients and awesome flavor that goes perfect on everything!

**Nutrients:**  
*Vitamins A, K, E, and C, fiber, calcium, iron, copper, and beta-carotenes<sup>2</sup>*

## Arugula

Peppery taste increases as it grows. As much calcium as full grown spinach!

**Nutrients:**  
*Vitamins A and C, calcium, iron, phosphorus<sup>2</sup>*

## Beet

Beets contain folate, thiamine, riboflavin, zinc, beta carotenes.

**Nutrients:**  
*Vitamins A, B6, C, E, and K, calcium, magnesium, potassium, copper, iron, zinc, and protein<sup>2</sup>*



## Mustard

Southern Giant Curled  
Perfect on a turkey sandwich and everything else too!

**Nutrients:**  
*Vitamins A, C, K, E, B6, fiber, folate, manganese, calcium, potassium, phosphorus, and copper<sup>2</sup>*

## Carrot

Delightful flavor of mild sweet carrot with a texture like dill without the dill taste. Contains antioxidants, carotenes, and Vitamin A.

**Nutrients:** *Vitamins A, B complex, D, E, calcium, iron, magnesium, potassium, and phosphorus<sup>2</sup>*

Source: <sup>1</sup> *Journal of Food Composition and Analysis*, vol. 91, Aug. 2020. <sup>2</sup> trueleafmarket.com