

Microgreens

Varieties available weekly, until sold out

ARUGULA Peppery and nutty

Vitamins A, C, K. Rich in calcium, potassium, iron, manganese, zinc, and copper - 16% protein

BROCCOLI Subtle, sweet green flavor

Vitamins A & C, calcium, iron, and phosphorus. Loaded with sulforaphane and antioxidants

KALE YEAH! A mix of Kale, Broccoli, and Red Cabbage

Vitamins A, C, E, K, antioxidants and anti-inflammatory compounds

SWEET PEA Sweet like a snap pea

Vitamins B1, C, iron, beta-carotene, chlorophyll, anti-inflammatory - 17% protein

SWEET & SPICY Sweet Pea and Radish

Vitamin A, B, C, E, K, calcium, iron, magnesium, carotene, zinc - 23% protein

TACO TOPPER A mix of radish, cilantro, onion

Vitamins, A, B, C, E, K, calcium, iron, beta-carotene, antioxidants, iron, zinc

Varieties available by special order

RED BEET Bold and earthy

Vitamins A, C, K1, potassium, magnesium

ONION Fresh spring onion flavor

Vitamins A, B, C, E, calcium, iron, zinc, and amino acids

CILANTRO Classic cilantro flavor

Vitamins, A, B, C, E, K, beta-carotene, antioxidants, calcium, phosphorus, iron, and zinc

RADISH Fresh, peppery bite

Vitamins A, B, C, E, K, calcium, iron, magnesium, phosphorus, potassium, zinc, amino acids, carotene, and antioxidants - 30% protein

BABY KALE Mild, sweet flavor

Vitamins A, C, K, calcium, iron, potassium, folate

EDIBLE VIOLAS Bright colors, subtle flavors

Vitamins A, C, E, potassium, calcium, magnesium

