

Cilantro



Vitality Farms
Company



The cilantro microgreen has a sweet, bright aroma and is quite bold. In contrast to full-size cilantro, micro cilantro is slightly peppery and has a little bit of grassiness. It also smells much different than mature cilantro and doesn't have the musty smell that many people dislike. Micro Cilantro pairs well with avocado, carrots, zucchini, tomato, coconut milk, citrus, ginger, mint, lemongrass, chile peppers, yogurt, chicken, lamb, and white fish.

HEALTH BENEFITS

- Powerful antioxidant
- Antimicrobial properties
- Helps lower blood sugar
- Anti-convulsant properties
- Anti-inflammatory properties
- Protects skin
- Helps protect memory
- Helps protect from Osteoporosis
- Stroke prevention
- Management of diabetes
- May promote digestion
- Mood enhancer
- Easy to add to your diet