



Vitality Farms
Company

Swiss Chard



Swiss chard is from the same family as beets. It is available in many varieties that offers a range of colorful stalk like red, white, pink, yellow and orange. The leafy part is always green. The eye-catching colors and beautiful delicate texture of this microgreen makes it one of the most appealing meal garnishing assets. Swiss chard microgreen is also commonly used in sandwiches, wraps and smoothies.

These microgreens have exceptional effects in promoting health. Because of their higher proteins as well as their mineral content, they offer resistance against a number of illnesses and diseases.

The Swiss chard microgreens have a distinctive mild, juicy as well as salty taste that reminds us of the flavor of beets with a mix of spinach.

Low in fat. Rich beta-carotene, vitamin E, K & C, zinc, copper, sodium, potassium, iron, manganese, phosphorus, lutein and several other illnesses battling antioxidants. Also, a high level of Calcium, Magnesium and vitamin K contributes in good bone health.

HEALTH BENEFITS

- Powerful antioxidant
- Assists in regulation of Blood sugar level
- Helps strengthen bones
- Used as Cancer prevention
- Boosts mental function and concentration
- Contributes in healthy blood / Anemia prevention
- Encourages hair growth and strength
- Promotes good eye health
- Beneficial for Weight loss
- Helps in control of Blood pressure

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