



VITALITY FARMS
COMPANY



IMGA International Microgreen
Growers Association

We deliver in your area!

Delivery on the 1st and 15th of every month

\$10 off your first order!!

We are a local microgreens farm based out of Lakeland and want to bring healthy microgreens to your table. We offer different purchasing options for a variety of microgreens. Our living trays ensure that farm-to-table quality with optimal plant-based nutrition. With these living trays, you are essentially eating right from the earth!

Below are our three most popular options for microgreen living trays/seeds that are available. Visit our website to discover all the health benefits of each variety.

Option 1 Delivered on the 1st, and 15th of the month are 4 trays 5"x5" of different varieties of microgreens.

Option 2 Delivered once a month either the 1st or 15th are 4 trays 5"x5" of different varieties of microgreens.

Option 3 GIY Delivered once a month if local or mailed monthly around the 15th a month long grow kit. 8 different seed packets, a video walking you through some of the more unique products. all the grow containers, and mediums to supply a family of 4 with enough vegetables for a month.



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www.vitalityfarmscompany.com

FARM TO DOOR - HOW IT WORKS

@ Vitalityfarmscompany we believe that everyone should have an abundant source of adequate nutrition. We believe in the power of food, so we grow nutrient rich microgreens, and deliver them right to the door. (1st, 15th)

Contact us for a free consultation

TAKE THE FIRST STEP

We offer a free consultation with all new subscriptions, to assist you in real

- 1) We can meet remotely via Zoom
- 2) We can meet in person either the farmers market or we will swing by
- 3) Telephone/ or Text

We enjoy having a real connection with our customers

Take the second step.

Select you nutrient-packed microgreens from our selection of over 25 available.

Take the third step.

Choose your delivery date, 1st or 15th, four fresh microgreens at you door that morning .

We Take the fourth step.

Now that you are all signed up, we grow your food to perfection in our controlled environment, providing a special place at our farm for your vegetables.

The best step is the fifth step.

The evening before your delivery date (i.e. the 14th in the evening) place a cooler on your front porch, in the morning by 7 AM your fresh greens will be inside with some ice. Thats right, we deliver same day your microgreens are harvested. We work throught the night to ensure the hot florida sun doesn't harm your microgreens.



Schedule Step 1
Now



Photo	Name	Description
	Amaranth	Amaranth, with a bright magenta color, these microgreens are robust in flavor like beets. This crop makes a beautiful garnish and is rich in vitamins K, E and C, as well as calcium, iron and beta-carotene.
	Arugula	Arugula helps to support strong bones with its high concentration of calcium, vitamins A and c, plus calcium, iron and phosphorus.
	Basil (Opal)	Basil microgreens are delicate and extremely fragrant with a camphor-like aroma combined with a hint of clove and allspice, and the leaves carry a minty flavor mixed with a zesty, peppery bite.
	Basil (Thai)	The Thai people call this type of basil kra phao. Holy Thai basil's flavor is often described as being spicy or peppery and similar to cloves . In addition, there are complementary notes of cinnamon .
	Beet (Detroit)	Beet microgreens are crisp and tender with a sweet, earthy, nutty, and beet-like flavor similar to spinach.
	Borage	They have tiny hairs on the surface of the stem. The stems and leaves vary from light green to green. The flavor is similar to cucumbers with a cantaloupe aftertaste.
	Broccoli	Broccoli microgreens the flavor of micro broccoli is understated, mild, peppery and subtly sweet.
	Carrot	Carrot microgreens are crunchy with a sweet or bitter, earthy flavor
	Cauliflower	Have a deliciously mild, fresh broccoli flavor with a peppery bite. They also provide numerous health benefits.
	Chinese Mahogany	Chinese Mahogany microgreens are crisp, crunchy, and distinctly aromatic, offering a floral, onion-like aroma when fresh. When cooked, they impart an earthy, pungent flavor that tastes like a combination of garlic, mustard greens, and fermented chives.
	Cilantro	Cilantro microgreens is crisp and has a sweet, bright citrusy aroma with a clean, bold, classic cilantro flavor finishing with robust notes of pepper and fresh cut grass. It is also most notably without the soapy scent that some say mature cilantro possesses.
	Cress	Cress microgreens has a spicy scent and a slightly bitter, peppery, and tangy flavor when fresh
	Dill	Dill microgreens leaves have a mild, citrusy, and herbal flavor with sweet-tangy notes of anise, celery, carrots, and cilantro.

	Kale	Kale microgreens can sometimes be spicy, other times a bit sweet, and usually slightly bitter. In general, Kale offers an earthy flavor with a nutty sweetness that is accentuated when cooked.
	Lettuce	Lettuce offers an earthy flavor with a nutty sweetness. The Lettuce micro taste fresh and delicious
	Mustard	Mustard microgreens have a sharp cleansing note with accents of horseradish and mustard.
	Nasturtium (Jewel Mix)	Nasturtium microgreens have a fragrance reminiscent of mustard and have a tender, mild, peppery, and slightly spicy taste.
	Pea (Dunn)	Pea microgreens have a nutty, sweet flavor similar to that of whole peas but slightly milder. They are often described as tasting like spring.
	Pea (early Frosty)	Pea microgreens have a nutty, sweet flavor similar to that of whole peas but slightly milder. They are often described as tasting like spring.
	Radish	Radish microgreens taste is tender and crisp with sharp, green flavors and a grassy, lingering peppery heat.
	Salad	Salad microgreens is crisp, succulent, and crunchy containing a combined flavor profile of Broccoli, Kale, Kohlrabi, Arugula & Red Acre Cabbage.
	Shungiku	Shungiku microgreens a slight crunchy texture with a strong carrot, fruit, flowery flavor that also has a mild but pleasant bitterness.
	Spicy Salad	Spicy Salad microgreens have a crisp, succulent, and crunchy, with a sharp cleansing note with accents of horseradish and mustard. They have a combined profile of Broccoli, Kale, Kohlrabi, Arugula, Red Cabbage & Southern Giant Mustard for an extra kick.
	Sunflower	Sunflower microgreens offer a refreshing crunch and a slightly nutty flavor with nuances of lemon and almond.
	Swiss Chard	Swiss Chard microgreens have a very tender texture and an earthy beet- like flavor.
	Turnip (Purple top white globe)	Turnip microgreens taste a slightly sweet delicate taste of cabbage