



VITALITY FARMS
COMPANY



Microgreens Health Benefits Highlights



IMGA International Microgreen
Growers Association



Fresh
from
Florida.

Vitality Farms Company is a family business based in Lakeland, Florida. We offer Non GMO, pesticide free products of the highest quality. Our wide variety of fresh microgreens are available year-round.

Passionate about constant improvement of our products and services, we listen to our customer's request to enhance our variety of natural, fresh and tasty products to incorporate into a healthy daily diet.

All our products are pesticide-free, and no chemical fertilizer are used.

Our microgreens are grown in our facilities controlled for their optimal development. Our constant researches for new varieties and product optimization allow customers to enjoy the highest quality products that allows them to enhance their culinary creations.

What are Microgreens?

Microgreens are a tiny form of edible greens produced from the seeds of vegetable, herbs or other plants. They are not the same as sprouts. Microgreens are grown in soil or on a micro mat growing pad to a stage of development in between a sprout and a baby green. Microgreens have much stronger, more developed flavors than sprouts. They contain their dense nutritional value but are topped off with an extra boost of life sustaining chlorophyll. Chlorophyll is defined as "nature's greatest healer" since it contains more healing properties than any other element.

Health benefits

Studies have proven that microgreens contain from 4 to 40 times more vitamins, enzymes, minerals, antioxidants and beneficial properties than its equivalent product grown to maturity. <https://agnr.umd.edu/news/mighty-microgreens>

Multiple studies continue to reveal the still unknown properties of these small superfoods that deserve to be included in our daily diet. The health benefits are extraordinary. Each plant has its own benefits, but in combining a variety of shoots, it just makes you feel even better. Impress your family and friends with new tasting creations accompanied by microgreens.

Microgreens deliver nutrients that are important for eyes, skin, bones, healthy digestion, reducing inflammation, preventing cardiovascular disease, fighting cancer, and strengthening the immune system. Sunflower greens are one of the most complete foods on earth and the most nutritious of all sprouts. Pea shoots are second in overall nutrition.

Let's eat!

The possibilities are endless: in smoothie, in salads or in your sandwich or burger, or simply to accompany your hot meal, or create a gourmet piece.

Since microgreens add exclusive flavors, fine restaurants reserve them a place of choice when it comes to perfume refined dishes and enhance creative presentations. Since they have a delicate and fresh appearance, microgreens allow you to add beauty and personality to your culinary creations while enjoying all the great benefits for your health.

Promise

Our promise is that with our products and knowledge we will serve the under-served youth and teach them how to eat vegetables that are locally grown. Our promise articulates how we deliver on our mission and reflects the value proposition we offer customers.



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Flavor profile

Adzuki Bean microgreens leaves are big and crunchy, taste rich, sweet, nutty taste people use it to replace lettuce.

Alfalfa microgreens have a mild flavor, with a slight sweetness and no bitterness.

Amaranth microgreens have a mild, earthy flavor that complements both sweet and savory dishes, and they are commonly used as a garnish.

Anise microgreens are tender and crisp with an herbaceous and green, licorice- like flavor. It also has a mild, peppery flavor with notes of mint, lemon, sage, and pine.

Arugula microgreens develop a crisp, green, and has an initial nutty flavor with a hint of sweetness that fades into a peppery, earthy, and pungent bite.

Asparagus microgreens are juicy, crisp, and crunchy with a mild, salty, and briny flavor with an aftertaste similar to the taste of asparagus and green beans.

Barley microgreens used as fodder; pet grass has a grass taste.

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.

Beet microgreens are crisp and tender with a sweet, earthy, nutty, and beet-like flavor similar to spinach.

Bok Choy microgreens has a crunchy, slightly fibrous consistency with a sweet, green flavor mixed with notable cabbage nuances and a mild mustard-like bite.

Borage microgreens are crunchy and have a flavor of freshly shucked oysters with an herbal cucumber finish.

Broccoli microgreens the flavor of micro broccoli is understated, mild, peppery and subtly sweet.

Brussel Sprouts microgreens offer the flavors of the earth and the bitter sweetness of cabbage. These micros carry a sweeter more palatable flavor.

Buckwheat microgreens contain a “poisonous” substance named fagopyrin. A moderate intake is fine, but over-consuming of these microgreens may give you skin sensitivity problem. They have a tangy, lettuce-like taste, that is slightly sour.

Cabbage microgreens is crisp and tender with a fresh, green, and earthy, peppery flavor.

Carrot microgreens are crunchy with a sweet or bitter, earthy flavor.

Cauliflower microgreens its flavor is mild with subtle cruciferous and nutty sweet nuances.

Celosia microgreens has a mild spinach flavor and vibrant yellow and red/pink stems.

Celery microgreens is tender, crunchy, and slightly chewy, and has a concentrated earthy, green, salty-sweet flavor with a pleasant bitter note balanced by a clean, peppery bite.

Chervil microgreens the flavor is reminiscent to licorice.

Chia microgreens They range in flavor from a mild herbal mint note when simply added raw in beverages to a rich complexity of hazelnut and butter when toasted.

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.

Chives microgreens have a crunchy and juicy, green bite with a robustly salty taste mixed with a spicy sweet undertone.

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.

Clover microgreens has a crunchy, mild, cool and refreshing taste.

Collards microgreens Their flavor is assertive, almost alkaline and true to its family, cruciferous in nature.

Corn microgreens has a much milder flavor than mature corn, but it is very sweet.

Cress microgreens has a spicy scent and a slightly bitter, peppery, and tangy flavor when fresh.

Cucumber microgreens these greens have a watery slight melon flavor.

Dandelion microgreens s a plant that is slightly bitter in taste,yet is very edible and provides a taste of spring.

Dill microgreens leaves have a mild, citrusy, and herbal flavor with sweet-tangy notes of anise, celery, carrots, and cilantro.

Endive microgreens are milder in flavor and have a subtle sweetness to them with a more delicate texture.

Fava Bean microgreens the beans are tender, with a sweet, mild flavor and are similar in shape to a lima bean.

Fennel microgreens are tender and succulent with a lemony, black licorice scent and a mild, green flavor with sweet notes and a peppery-anise finish.

Fenugreek microgreens the flavor is most often likened to that of maple syrup.

Flax microgreens have a nutty, slightly spicy flavor, which lends itself very well to such things like smoothies and salads.

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.

Kohlrabi microgreens is juicy and crunchy with a mild, peppery, and sweet flavor reminiscent of broccoli, cabbage, and cucumber.

Leek microgreens have a strong, mild onion-like taste, light sweet.

Lettuce microgreens have a crisp, succulent, and crunchy with a mild, slightly bitter

Marigold microgreens give you a zesty taste of tangerine, accompanied by a light spicy/ minty undertone depending on the variety.

Mung Bean microgreens offer crunch and a subtle nutty flavor with a high-water content.

Mustard microgreens have a sharp cleansing note with accents of horseradish and mustard.

Nasturtium microgreens have a fragrance reminiscent of mustard and have a tender, mild, peppery, and slightly spicy taste.

Onion microgreens is a blend of tiny onion leaves that offer a bold onion flavor.

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 microgreens taste is tender and crisp with sharp, green flavors and a grassy, lingering peppery heat.

Salad microgreens is crisp, succulent, and crunchy containing a combined flavor profile of Broccoli, Kale, Kohlrabi, Arugula & Red Acre Cabbage.

Shiso (Perilla) microgreens aromatic, tender, and semi-crunchy with an earthy flavor containing notes of licorice, mint, clove, basil, and cinnamon. It is also described as having a flavor that is balanced with an equal amount of sweet and spice.

Shungiku microgreens a slight crunchy texture with a strong carrot, fruit, flowery flavor that also has a mild but pleasant bitterness.

Spinach microgreens are sweeter than mature spinach it offers a delicate nuttiness with subtle flavor and tender, edible stems.

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.

Sorrel microgreens are crisp and tender with a fresh, green flavor similar to spinach and chard with a tart, citrus-like tang.

Sunflower microgreens offer a refreshing crunch and a slightly nutty flavor with nuances of lemon and almond.

Swiss Chard microgreens have a very tender texture and an earthy beet-like flavor. **Turnip** microgreens taste a slightly sweet delicate taste of cabbage.

Wheatgrass microgreens has a taste that is best described as similar to a mild green tea, with a slight sweetness.

AMARANTH



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Amaranth was cultivated by Aztecs and other cultures from tropical climates. It is actually an ancient kind of grain used in India. Very easy to digest, Amaranth microgreens are available in different colors, from light green to pink or dark red. They are fragile shoots that enhances beautifully any meal with color and a light sweet taste. Amaranth contains high complete protein amounts with vital amino acids, in contrast with other protein sources. Amaranth is gluten-free. Amaranth microgreens also contain vitamin A, C, E, folate, iron, magnesium, phosphorus, potassium, dietary fiber, calcium, amino acids, antioxidants, minerals and essential lysine.

HEALTH BENEFITS

- Antioxidant
- Activates digestion
- Helps in cancer treatment
- Boosts the immune system
- Helps in treatment of cardiovascular disease and hypertension
- Decreases hair loss and greying
- Helps metabolize fatty acids into energy
- Protects from Osteoporosis
- Works as an appetite suppressant
- Improves eyesight
- Improves recovery from illness

ARUGULA



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Considered as one of the most useful and healthiest natural superfood, this plant adds a health supplement to a variety of menus. Arugula is also known as rocket. The arugula microgreen is flavorful with a peppery taste. The leaf is similar to the oak leaf. It is a great source of folic acid, iron, copper and a variety of minerals and vitamins A, C and K.

HEALTH BENEFITS

- Boost for bone and brain health
- Detoxifying food
- Reduce risk of cancer
- Boosts healthy bones
- Antioxidant
- Improves eyesight
- Good for healthy skin
- Improves mineral absorption
- Activates the immune system
- Beneficial for weight management
- Natural aphrodisiac
- Lowers blood pressure
- Protects the aging brain and cognitive decline
- Reduces the amount of oxygen needed during exercise & enhances athletic performance
- Helps keep body hydrated

BASIL



Basil is a common aromatic herb in the mint family, the same plant family as other nutrient-dense, beneficial herbs, including mint, oregano and rosemary. The taste is sweet, but savory, and just like the smell, it is peppery, yet ever so slightly minty. Basil, of course, is used to add flavor to a variety of recipes, but what may surprise you is the many benefits of basil that make it well-known for its immunity-enhancing properties and is one of the most important medical herbs known today. Basil has vitamin A, K, C and manganese.

HEALTH BENEFITS

- Contains disease-fighting antioxidants
- Anti-inflammatory
- Fights cancer
- Antibacterial Properties
- Antimicrobial Properties that fight viruses and infections
- Combats stress
- Fights depression
- Promotes cardiovascular health
- Supports liver function and helps detoxify the body
- Helps alkalize the body and improves digestion
- Acts as a natural aphrodisiac
- Protects from diabetes and metabolic syndrome

BEET



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Beets are from the same family as chard and spinach. Beets have so many benefits that it would be a shame not to incorporate them to your daily food diet. Beets provide a well-being sensation while reducing stress. Beets micro-greens have a slight sweet flavor and bring a colorful touch with its bright red stem and the contrasting darker green leaves. Beets are low in fat, rich in fiber, iron, nitrate, folic acid, minerals, and vitamins. Beets are also charged with powerful antioxidants. Promotes muscle oxygenation while exercising, which has the potential to reduce fatigue and raise the energy level and increase tolerance to endurance training. The pectin contained in beets help remove toxins and heavy metals from the body.

HEALTH BENEFITS

- Detoxifying and healing power
- Anti-stress
- Helps de-grease the body
- Powerful antioxidant
- Increases immune function
- Help protects against heart disease
- Slows aging
- Contributes in DNA repair and protection
- Alleviates cardiovascular disease
- Helps protect from Alzheimer
- Helps protect from Osteoporosis
- Stroke prevention
- Reduces risk of Type II diabetes
- Reduces frequency of migraine Headaches
- Alleviates premenstrual syndrome (PMS)
- Prevention of epileptic seizures
- Prevents alopecia (spot baldness)
- Alleviates Hypertension

BORAGE



Borage is a very low-calorie culinary herb, which found its usage in the Mediterranean countries. Borage microgreens are unique in that 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. Borage microgreens add flavor profiles to salads, soups, and sandwiches. Borage microgreens are quite juicy and are used to flavor salads, sandwiches, and smoothies. If allowed along with parsley, chervil, chives, watercress, sorrel, and salad burnet in the preparation of Traditional German green sauce. The fresh herb can also be added to sausages, pizza, and poultry stuffing. Borage tea is a popular refreshing drink in European countries.

HEALTH BENEFITS

- Antioxidant
- help the human body protect from lung and oral cavity cancers.
- Supports eyesight
- Strengthens the immune system
- Iron (**41%** of RDA), calcium, potassium, manganese, copper, zinc, and magnesium. Potassium is an important component of cell and body fluids,
- Maintains blood pressure
- moderate sources of B-complex vitamins, particularly rich in niacin (vitamin B-3). Niacin helps lower LDL cholesterol levels in the body. Also, it has riboflavin, thiamin, pyridoxine, and folates in average levels
- Joint health, immunity, and healthy skin

BROCCOLI



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The Broccoli Raab micro-green adds a coarsely flavor to your meal. It is composed of small light green delicate leaves over a white stem. Contains soluble fibers, indole-3-carbonol (**I3C**), folate, sulfur, and a wide variety of minerals and vitamins C, K.

HEALTH BENEFITS

- Detox and heals
- Antioxidant
- Increases protection from bacterial and viral infections
- Reduces cancer risk
- Protects against heart diseases
- Regulation of blood sugar and insulin dependence
- Prevents both hyper and hypoglycemia
- Slows progression of AIDS
- Slows aging
- Contribute in DNA Repair and protection
- Protects against dementia
- Alleviates cardiovascular disease
- Alleviates hypertension
- Improves eyesight
- Protects from Alzheimer
- Protects from Osteoporosis
- Helps in stroke prevention
- Reduces risk of Type II diabetes
- Lowers frequency of migraine headaches
- Helps in preventing Epileptic seizures
- Prevents spot baldness
- Alleviates inflammation
- Minimizes premenstrual Syndrome (PMS)

CARROT



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Carrots, botanically classified as *Daucus carota* subs. *sativus*, are slender, edible, underground taproots that grow frilly leaves in a rosette pattern and belong to the *Apiaceae* family along with celery, parsnips, and parsley. Labeled as a root vegetable, there are many different varieties of Carrots found in a wide array of colors that are harvested at multiple stages of maturity for commercial sale. Carrots have been cultivated since ancient times and were deeply rooted in the diets and traditional medicine of Asian and European cultures. Despite our familiarity today with the bright orange variety, orange carrots did not arrive into the commercial marketplace until the 16th and 17th centuries. Carrots are an excellent source of vitamin A, which can help prevent vision loss, vitamin C to protect the body from sickness, and fiber to assist with digestion. The roots also contain some vitamin K, magnesium, calcium, folate, and potassium.

HEALTH BENEFITS

- Improves eyesight
- Boost immune system
- Regulates blood sugar
- Prevents macular degeneration
- Reduces risk of cancer & stroke
- Prevents heart disease
- Reduces high blood pressure
- Maintains good digestive health
- Improves skin
- Improves Kidney function
- Reduces incident of stroke



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CHINESE MAHOGANY



Chinese toon is a popular aromatic garnish microgreen in Asian dishes. It's tender, It has a unique aroma and appetizing flavor that resembles the onion. Chinese toon is a perennial hardwood, which is a member of the Meliaceae family. Chinese toon microgreens are a nutritional, healthy gourmet vegetable and are more popular in China. Throughout their culture, the *Toona sinensis* has been recognized for its medicinal purposes. In Chinese, the tree is also often mentioned to symbolically represent the father in Chinese poetry and literature.

HEALTH BENEFITS

- Body repair & development
- Good for skin
- Reduces cancer risk
- Bone health
- Body repair
- Increase semen quality for males
- Used in China to medicinally treat: diarrhea, chronic dysentery, flatulence, bloody stools, seminal emissions, leucorrhea, metrorrhagia and gonorrhoea.

CHIVES



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Chives are nutrient powerhouses that have numerous anti-inflammatory and antioxidant properties as well as a collection of vitamins. A member of the Amaryllidaceae family which includes other plants such as garlic, onion, and leek, chives are rich in potassium, iron, calcium, vitamins A, B, C, and E, magnesium, zinc, and phosphorus.

HEALTH BENEFITS

- Helps decrease blood pressure
- Lowers bad cholesterol
- Improves heart health
- Decreases risk of blood clots
- Improves bone health
- Recommended for healthy skin
- Supports eyesight
- Strengthens the immune system
- Supports strong teeth and bones
- Can prevent the onset of osteoporosis

CILANTRO



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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

CRESS



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Cress is a very nutritious microgreen with great revitalizing power recognized for hundreds of years. Cresson seeds were discovered in the tombs of Egyptian pharaohs. Cress is widely used in India and Europe. This culinary and healing microgreen has a tangy, peppery taste similar to mustard. It is recommended to consume this microgreen fresh or in juices to preserve its beneficial properties. This is an excellent source of carotene, manganese, copper, iron, fiber, calcium, vitamins B1, B2, B6, C and E. Also contains more sulfur and sodium than most vegetables

HEALTH BENEFITS

- Antioxidant
- Improve memory and mental function
- Develops bone and teeth health
- Improves fertility and sexual energy
- Help prevent the onset of lung cancer in smokers
- Protects the body cells from damage caused by free radicals
- Prevents the development of cardiovascular disease
- Contributes to prevent high blood pressure
- Enables the immune system
- Promotes better digestion
- Prevent anemia and scurvy
- Helps stop toothache
- Beneficial for maintaining healthy skin
- Minimize eczema
- Good for diabetes because its regular consumption lowers the sugar level.
- Improves eyesight and healthy eyes

DANDELION



Dandelions are often thought of as a pesky weed in an otherwise perfectly-maintained yard- But have you ever considered eating them? According to the U.S. Department of Agriculture, Dandelion greens rank high on the nutritional barometer, surpassing both spinach and broccoli in nutritional value. Dandelion greens are rich in Vitamin C, K and A, as well as omega-3 and omega-6 fatty acids, and protein. Dandelion microgreens are full of potent antioxidants, which may explain why this plant has such broad applications for health.

HEALTH BENEFITS

- Beneficial for liver function as well as a digestive aid
- Improves bone health
- Recommended for healthy skin
- Supports eyesight
- Strengthens the immune system
- Supports strong teeth and bones
- Can prevent the onset of osteoporosis
- Helps regulate muscle and nerve function
- Acts as a natural diuretic
- Helps boost digestion
- Reduces swelling and inflammation
- Supports healthy teeth and gums

DILL



Dill is packed with micronutrients that provide health benefits. For example, a **100-gram** serving of dill boosts your **vitamin A** intake. Vitamin A is a fat-soluble vitamin that helps you to maintain healthy vision, skin, immune function, growth, and reproductive health. You'll also get a significant boost of **vitamin C**, an important antioxidant that helps your body to resist infection. Dill is also a good source of fiber, **folate** (important for cell division and production of DNA), calcium for healthy bones, riboflavin for cell function and development, manganese.

HEALTH BENEFITS

- Used to treat Gastrointestinal disorders
- Used to treat Loss of appetite
- Prevents Kidney disease
- Stops Flatulence
- Boosts Immunity
- Treats Bronchitis
- Stops Infectious disease
- Relieves liver and gallbladder complaints
- Prevents urinary tract disorders
- Alleviates hemorrhoids
- Helps with insomnia and other sleep disorders

KALE



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Kale is one of the leafy greens with a large nutrient density. People consider it a superfood. It has numerous benefits to your body including lowering bad cholesterol to reduce the risk of heart disease. Kale microgreens contain over forty times the nutrients achieved from adult kale. Vitamins A, B, C, E and K, Calcium, Iron, Elements, Antioxidants, Protein: 30-35% Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids, Trace

HEALTH BENEFITS

- Lowers blood pressure
- Anti Inflammatory
- Anti-viral
- Anti-depressant
- Reduces cancer effects
- Lowers cholesterol
- Bone health
- Boosts Immunity
- Strengthens eyesight
- Enhances weight loss
- Protects heart disease
- Helps blood clotting

LETTUCE



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By comparing to USDA National Nutrient Databases, microgreens showed a higher level (up to 69 times) of nutrients than its mature counterpart. In particular for lettuce microgreens, it's found 9x more minerals than in the mature lettuce. Also for lettuce, the 7-day old lettuce microgreens had found the highest concentration of phenolic compounds and antioxidants level than the rest of growth stages, which potentially implies a big role in cancer prevention

HEALTH BENEFITS

- Anti Inflammatory
- Improves muscle strength
- Fights anemia
- Fights cancer
- Bone health
- Boosts Immunity
- Promotes vision health
- Enhances weight loss
- Protects heart disease
- Helps keep you hydrated
- Promotes brain health
- Reduces diabetes risk
- Promotes digestive health
- Good for pregnancy

MARIGOLD



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Another somewhat unexpected microgreen- Marigold! A good source of beta-carotene, which is an antioxidant that is used in the body to produce vitamin A, this microgreen is a deliciously flavored addition to your diet. The leaves also provide potassium, which can help regulate fluid levels within the body and contain manganese, calcium, vitamin K, and zinc.

In addition to vitamins and minerals, Marigold contains proline, which is an amino acid that contributes to strengthening joints and increasing collagen production.

HEALTH BENEFIT

- Recommended for healthy skin
- Increases efficiency of metabolism
- Regulates muscle and nerve function
- Helps prevent or delay some types of cell damage
- Regulates blood sugar levels
- Helps produce and maintain new cells
- Aids in digestion
- Improves heart health
- Decreases risk of blood clots
- Boosts immune system

MUSTARD



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Mustard is the second most popular spice that is traded around the world. Mustard microgreens are a storehouse for many phytonutrients that have health promotional and disease prevention properties. Over the years, mustard has been imbued with curative powers. Mustard microgreens are tender, succulent and spicy. Many variety add different sharp flavors to a wide range of meals. They are very popular in Asian mix. Eating mustard microgreens offers a plateful of benefits.

The mustard microgreen is a good source of vitamin A, C, E, energy and carbohydrates, proteins, dietary fiber, folate, niacin, riboflavin, thiamin, sodium, potassium, calcium, copper, iron, magnesium, manganese and zinc.

HEALTH BENEFITS

- Antioxidant
- Appetite stimulant
- Digestive aid
- Relieves congestion, good for allergies, infections or colds
- Inhibits growth of cancer cells
- Helps provide relief to rheumatic arthritis
- Reduces occurrence of migraine
- Helps prevent diseases
- Prevents cancer risk
- Assists in menopause relief
- Contributes in asthma prevention
- Slows aging
- Helps fight infections
- Stimulates hair growth and strength
- Contribute to relieve muscle pains
- Treats fever

NASTURTIUM



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The name “nasturtium” comes from the Latin words for nose (nas), and tortum (twist), Which essentially translates to “twisted nose.” Many believe it was named for the reaction on a person’s face after biting into the peppery, bittersweet leaves. In addition, a unique trait of Nasturtium leaves is that they are superhydrophobic, meaning the leaves contain waxy nanostructures that prevent water from absorbing through the top of the leaf. This process also cleans the leaf because as the water drops off, it removes dirt and debris allowing the leaf to have a clean surface to continue photosynthesis. Nasturtium leaves are an excellent source of vitamins A, C, and D, beta-carotene, iron, manganese, and flavonoids. Pregnant women should avoid nasturtium because it’s a very powerful emmenagogue.

HEALTH BENEFITS

- Boost the Immune System rich in vitamin C, nasturtium is a fantastic adjuvant.
- Nasturtium is rich in sulfur, which is important to the body because it helps detoxify, bring down swelling, and protect against UV radiation.
- Fight Hay Fever
- Better Skin and Hair
- Treats sore throat, bronchitis, and various respiratory problems.
- Relieves muscle pain
- Soothes scrapes and cuts
- Calms the central nervous system

ONION



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Under the same family of Allium, onion seedlings look very much like the chives and leek. Onion seeds are dark in color, and the shoot grows up with the seed hulls still attached. Onion microgreens taste pretty much like the full-grown onion, but milder. Contains Vitamin

A, Vitamin B-complex, Calcium, Magnesium, Potassium and a surprising amount of Vitamin C. A fine source of fiber, Onions and Onion leaves help to lower blood sugar levels in addition to promoting good cardiovascular health. It has been proven that adding onions to your diet can reduce your risk of developing certain cancers and contribute to gastrointestinal health.

HEALTH BENEFITS

- Improves bone health
- Recommended for healthy skin
- Supports eyesight
- Strengthens the immune system
- Supports strong teeth and bones
- Can prevent the onset of osteoporosis
- Helps regulate muscle and nerve function
- Regulates blood sugar
- Reduces high blood pressure
- Maintains good digestive health
- May reduce risk of diabetes

PEA



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Peas are a powerhouse of nutrition and strong anti-oxidants. Peas have such high-quality protein that they are now added to many meals and commercial protein products. In taste, pea tendril microgreens are slightly sweet, with a mild bitter aftertaste, and they have a nutty undertone. The leaves have a texture similar to spinach, although not as delicate. Pea tendrils add freshness and a little crunch to dishes with rich and earthy flavors. Peas microgreens are low fat but high everything else. They contain protein, fiber, omega-3 and micronutrients. Rich in folate, carbohydrates, vitamin A, C, E, B1, B2, B3, B6.

HEALTH BENEFITS

- Antioxidant
- Helps prevent stomach cancer
- Slows aging
- Prevents wrinkles
- Enhance the immune system
- Helps protect from Alzheimer
- Protects from Osteoporosis
- Contributes to regulate blood sugar level
- Prevents arthritis
- Reduces bad cholesterol
- Beneficial for weight management
- Helps keep bones healthy
- Relieves constipation
- Has anti-inflammatory properties

RADISH



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Radish is well known all around the world. The radish microgreens are very nutritious and popular. Many varieties of radish are available with different colors from ranges of red-pink-purple to yellow and green. The radish microgreen is crispy, and its taste is sweet and pleasantly peppery also. The radish microgreen is a good source of vitamin C, energy and carbohydrates. It also contains zinc, potassium, folate, manganese, copper, sodium, phosphorus, dietary fiber, niacin, riboflavin, vitamin B1 & B6, calcium, iron, magnesium and so much more.

HEALTH BENEFITS

- Natural diuretic
- Anti-fungal and anti-bacterial
- Detoxifying food
- Has anti-inflammatory properties
- Helps prevent lungs cancer
- Recommended in jaundice treatment
- Contributes to purifying the blood
- Beneficial for weight management
- Proven to be beneficial in urinary disorders
- Helps with constipation
- Helps cleanse the body
- Soothes the digestive system
- Relieves congestion, good for allergies, infections or colds

SALAD



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The Spring Salad green mixture consists of $\frac{1}{4}$ of the following varieties: broccoli, alfalfa, radish and red clover.

This is a microgreen blend that offer a very sweet taste that is easily added to any dish. It is easy to integrate in your diet because it does not really affect the taste of your food The fact remains that its beneficial properties make it a winner for your health and energy.

HEALTH BENEFITS

- This mixture helps to detoxify the body, which promotes cancer prevention and regeneration of the immune system.
- Detox and heals
- Antioxidant
- Increases protection from bacterial and viral infections
- Reduces cancer risk
- Protects against heart diseases
- Regulation of blood sugar and insulin dependence
- Prevents both hyper and hypoglycemia
- Slows progression of AIDS
- Slows aging
- Contribute in DNA Repair and protection
- Protects against dementia
- Alleviates cardiovascular disease
- Alleviates hypertension
- Improves eyesight

Shungiku



Shungiku can be grown as an edible flower, salad greens or especially as a microgreen. As a micro, it has thin serrated true leaves. This light green, pretty micro has a slight crunchy texture with a strong carrot, fruit, flowery flavor that also has a mild but pleasant bitterness. Great as an addition to mixed salad greens. Contains Vitamin A, Vitamin C, Vitamin E, Vitamin K, B12, And B6. Shungiku, also known to be the edible chrysanthemum, is another Asian herb microgreen that has a delightful floral flavor with a subtle bitter taste. This beautiful microgreen is short, has a thin serrated leaf, and light green in color. Shungiku is mild, crisp and crunchy, and can be a great complement for any salad mix.

HEALTH BENEFITS

- Supports healthy metabolism
- Recommended for healthy skin
- Supports eyesight
- Strengthens the immune system
- Supports strong teeth and bones
- Decreases risk of blood clots
- Improves bone health

SHISO



Vitality Farms
Company

Shiso, also known as Japanese basil or beefsteak plant, is a popular bush plant in Asian countries. It has a delightful aroma, anise-like flavor, and complements well with fish. They are popularly used in Japanese cuisine as they offer a subtle flavor and tender texture, and can be used to garnish sushi or sashimi, sprinkled over miso soup or soba noodles, wrapped around meat, mixed in with tofu or bean curd dishes, added to stir-fries, or even steeped in green tea. Shiso contains calcium, phosphorus, iron, potassium, antioxidants, and vitamins A, C, and K.

HEALTH BENEFITS

- Strengthens the immune system
- Supports strong teeth and bones
- Can prevent the onset of osteoporosis
- Improves bone health
- Recommended for healthy skin
- Supports eyesight
- Helps regulate muscle and nerve function
- Regulates blood sugar
- Reduces high blood pressure
- Maintains good digestive health
- May reduce risk of diabetes

SORREL



Vitality Farms
Company



Sorrel micros are known for its delightful and strong lemony tang. It's commonly used as a micro herb, garnish, or to give a dash of lemon zest to a salad! Sorrel is a lovely accompaniment to seafood and mild-flavored meats like poultry, and can add a nice zing to any smoothie or salad! A good source of Vitamin K, Vitamin C, oxalic acid, and Vitamin E, sorrel is a perennial herb that belongs in the knotweed family along with rhubarb and buckwheat. The term "knotweed" stems from the little nodes the stems of some of the family's species have. Sorrel grows in grassland habitats all over Europe and in parts of Central Asia, though its history goes back as far as 1700 with mentions of the sour herb in Jamaican literature.

HEALTH BENEFITS

- Improves skin health
- Helps regulate muscle and nerve function
- Lowers blood pressure
- Increases blood circulation
- Supports ocular health
- Strengthens immune system
- Regulates blood pressure
- Supports cardiovascular system
- Helps regulate body functions

SPICY SALAD



Vitality Farms
Company



The Spicy Spring Salad green mixture consists of the following varieties: Broccoli, Kale, Kohlrabi, Arugula, Red Cabbage & Southern Giant Mustard for an extra kick. This microgreens mix is a simple mix of different types of seeds that makes a great base for any microgreens salad, sandwich, etc. Its beneficial properties make it a winner for your health and energy.

HEALTH BENEFITS

- This mixture helps to detoxify the body, which promotes cancer prevention and regeneration of the immune system.
- Detox and heals
- Antioxidant
- Increases protection from bacterial and viral infections
- Reduces cancer risk
- Protects against heart diseases
- Regulation of blood sugar and insulin dependence
- Prevents both hyper and hypoglycemia
- Slows progression of AIDS
- Slows aging
- Contribute in DNA Repair and protection
- Protects against dementia
- Alleviates cardiovascular disease
- Alleviates hypertension
- Improves eyesight

SUNFLOWER



Vitality Farms
Company



Sunflower microgreens offer one of the most balanced forms of a complete plant protein around. It is one of the best food to add to your diet for overall health and wellbeing. It has a strong stem and green leaves. The taste is fresh and crunchy. Delicious eaten as a snack or in any salad, sandwich, wrap or culinary creation. Sunflower microgreens are low in calories and high in nutrition, making them ideal for any natural and healthy fat loss program. They are a great source of valuable nutrients including proteins, enzymes, folic acid, selenium, lecithin, minerals, including calcium, copper, iron, magnesium, potassium, phosphorous, zinc as well as vitamins A, C, Complex D and E.

HEALTH BENEFITS

- Contains lecithin which helps break down fatty acids
- Activates cells in the immune system
- Helps build skeletal, muscular, and neurological systems
- Boosts your fertility
- Aids in stress relief
- Helps eliminate accumulated cholesterol in arterial walls
- Improves regeneration of blood supply
- Revitalizes tissues
- Calms inflammation
- Activates deodorizing the body
- Natural expectorant
- Antioxidant
- Helps prevent heart disease



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

TURNIP



Turnip microgreen are an excellent source of vitamin K, vitamin A (in the form of beta-carotene), vitamin C, folate, copper, manganese, dietary fiber, calcium, vitamin E and vitamin B6. They are a very good source of potassium, magnesium pantothenic acid, magnesium, pantothenic acid, vitamin B2, iron and phosphorus. Additionally, they are a good source of vitamin B1, omega-3 fatty acids, niacin and protein.

HEALTH BENEFITS

- Antioxidant
- Anti- Cancer activities
- Maintains healthy skin
- Prevents retinal detachment
- Protection against macular degeneration
- Promotes bone health
- Treatment for Alzheimer's disease
- Promotes weight loss
- Improves iron absorption
- Lung health
- Prevents excessive bleeding
- Increases red blood cell production
- Regulates blood cholesterol
- Protects against harmful bacteria



Vitality Farms
Company

WHEATGRASS



Wheatgrass may appear like a simple grass, but it is actually among the most powerful natural detoxifying agents, since it is one of Nature's richest source of chlorophyll and live enzymes. In fact, it has been said that one ounce of wheatgrass is equivalent in nutritional value to more than 2 pounds of leafy green vegetables. From diminishing the appetite, to reducing body odors and preventing cancer, wheatgrass has a place in your diet. Wheatgrass contains more than 90 minerals, including potassium, calcium, magnesium and sodium as well as essential enzymes and 19 amino acids.

HEALTH BENEFITS

- Diminishes appetite. 1 wheatgrass shot in the morning prevents overeating
- Stimulates circulation: apply wheatgrass juice on skin to dilate blood vessel
- Improves digestion
- Alleviates arthritis. Its chlorophyll fights the inflammation
- Help getting rid of bad breath and body odors
- Treats skin wounds
- Prevents tooth decay
- Cleanses the liver
- Treats sunburns
- Stabilizes blood sugar level
- Clears sinus congestion
- Contributes in regenerating skin cells
- Helps in acne treatment
- Prevents cancer
- Boost immunity
- Natural expectorant
- Antioxidant
- Helps prevent heart disease