

# ***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