



What are Microgreens? Microgreens are **young seedlings of edible vegetables** and herbs. Microgreens are harvested within 1 – 2 weeks of germination. They are often used in restaurants as a compliment to salads, steaks, sandwiches, and soup. Many different cultures also include microgreens as staples in their meals, such as stir fry, curry dishes, or mixed with meats.

What are the benefits of Microgreens? Microgreens have **great flavor** and often taste just like their adult vegetable counterparts. For example, broccoli microgreens taste like broccoli and green pea microgreens taste (and smell) like peas. Also, microgreens have a **very fresh and crisp taste** when they are chewed, making them the perfect addition to salads, sandwiches, and side dishes.

What are the health benefits of Microgreens? Microgreens are some of the **most nutrient dense foods** you could consume. Studies have shown that microgreens contain **4-6 times more nutrients** than their mature counterparts. The concentration of vitamins and nutrients in microgreens is a staple for your greens diet and makes a great addition to add to smoothies.

Commercial Microgreens Menu – July

<u>Microgreen Type</u>	<u>Description</u>	<u>Uses</u>	<u>Price</u>	<u>Availability</u>
Greens				
Green Pea Shoots	Tender, versatile, & delicious.	Garnish, Stir Fry	4 oz - \$10 8 oz - \$15 16 oz - \$25	Weekly
Black Oil Sunflower	Crunchy, slightly sweet, mild flavor.	Salads, Smoothies, Snack	4 oz - \$10 8 oz - \$15 16 oz - \$25	Weekly
Micro Salad Mix - Mild	Broccoli, Kale, Kohlrabi, Arugula, & Cabbage	Garnish, Salads	4 oz - \$10 8 oz - \$15 16 oz - \$25	Weekly
Micro Salad Mix - Spicy	Mild salad + Mustard	Garnish, Salads	4 oz - \$10 8 oz - \$15 16 oz - \$25	Weekly
Broccoli Greens	Mild broccoli taste, slightly bitter.	Garnish, Salads	4 oz - \$10 8 oz - \$15 16 oz - \$25	Weekly
Amaranth	Vibrant Red, earthy flavor. Relative to beets.	Garnish, Salads, Tacos	4 oz - \$15 8 oz - \$25 16 oz - \$40	Weekly
Arugula	Peppery taste, adds excellent flavor	Garnish, Salads	4 oz - \$12 8 oz - \$18 16 oz - \$30	Weekly
Nasturtium	Wasabi-like spice, edible flower	Garnish, Salads	4 oz - \$25 8 oz - \$40 16 oz - \$75	*Request – 4 oz min
Red Cabbage	Healthy, mild flavor, popular use	Garnish, Salads, Smoothies	4 oz - \$12 8 oz - \$18 16 oz - \$30	*Request – 4 oz min
Red Pac Choi	Red stems, mild cabbage flavor	Garnish, Salads, Smoothies	4 oz - \$12 8 oz - \$18 16 oz - \$30	*Request – 4 oz min
White Pac Choi	White color, mild cabbage flavor	Garnish, Salads, Smoothies	4 oz - \$12 8 oz - \$18 16 oz - \$30	*Request – 4 oz min
Yellow Chard	Vibrant color, yellow mid-vein & stems	Garnish, Salads	4 oz - \$12 8 oz - \$18 16 oz - \$30	*Request – 4 oz min
Curled Mustard	Sweet & Spicy, nutritious	Salads & Sandwiches	4 oz - \$12 8 oz - \$18 16 oz - \$30	*Request – 4 oz min
Roots				
Red Leaf Beet	Vibrant Red, sweet flavor	Garnish, Salads, Smoothies	4 oz - \$12 8 oz - \$18 16 oz - \$30	*Request – 4 oz min
Bulls Blood Beet	Vibrant Red, sweet flavor	Garnish, Salads	4 oz - \$12 8 oz - \$18 16 oz - \$30	*Request – 4 oz min
Purple Radish	Deep purple, minor spicy flavor	Garnish, Salads	4 oz - \$12 8 oz - \$18 16 oz - \$30	*Request – 4 oz min
Herbs				
Genovese Basil	Sweet Basil taste, intense flavor	Garnish, Salads, Soup	4 oz - \$15 8 oz - \$25 16 oz - \$40	*Request – 4 oz min
Bouquet Dill	Bright and zesty dill flavor	Soup, Seafood	4 oz - \$15 8 oz - \$25 16 oz - \$40	*Request – 4 oz min
Cilantro	Strong aroma, celery flavor	Garnish, Soup, Salads	4 oz - \$15 8 oz - \$25 16 oz - \$40	*Request – 4 oz min

Weekly Delivery Day: Thursday

Order Submission or Questions: Call/Text Steve at 219-369-4699 or Email: sales@popsgreens.com. Visit our website at www.PopsGreens.com.

Plan-Ahead Ordering: If you are a repeat customer, please try to ‘plan ahead’ and let us know what you would like for the **next 4-6 weeks** so we can plant the seeds and ensure we have enough to fulfill your order when you need it. If we don’t have something, request it! We’ll get the seeds and grow for you!

Thank you for supporting Local Farmers!

If you would like to feature PopsGreens marketing material on your menu, please let us know and we can send you a digital or physical marketing pack!