



What are Microgreens?

Healthy Delicious Food



Local Farmer



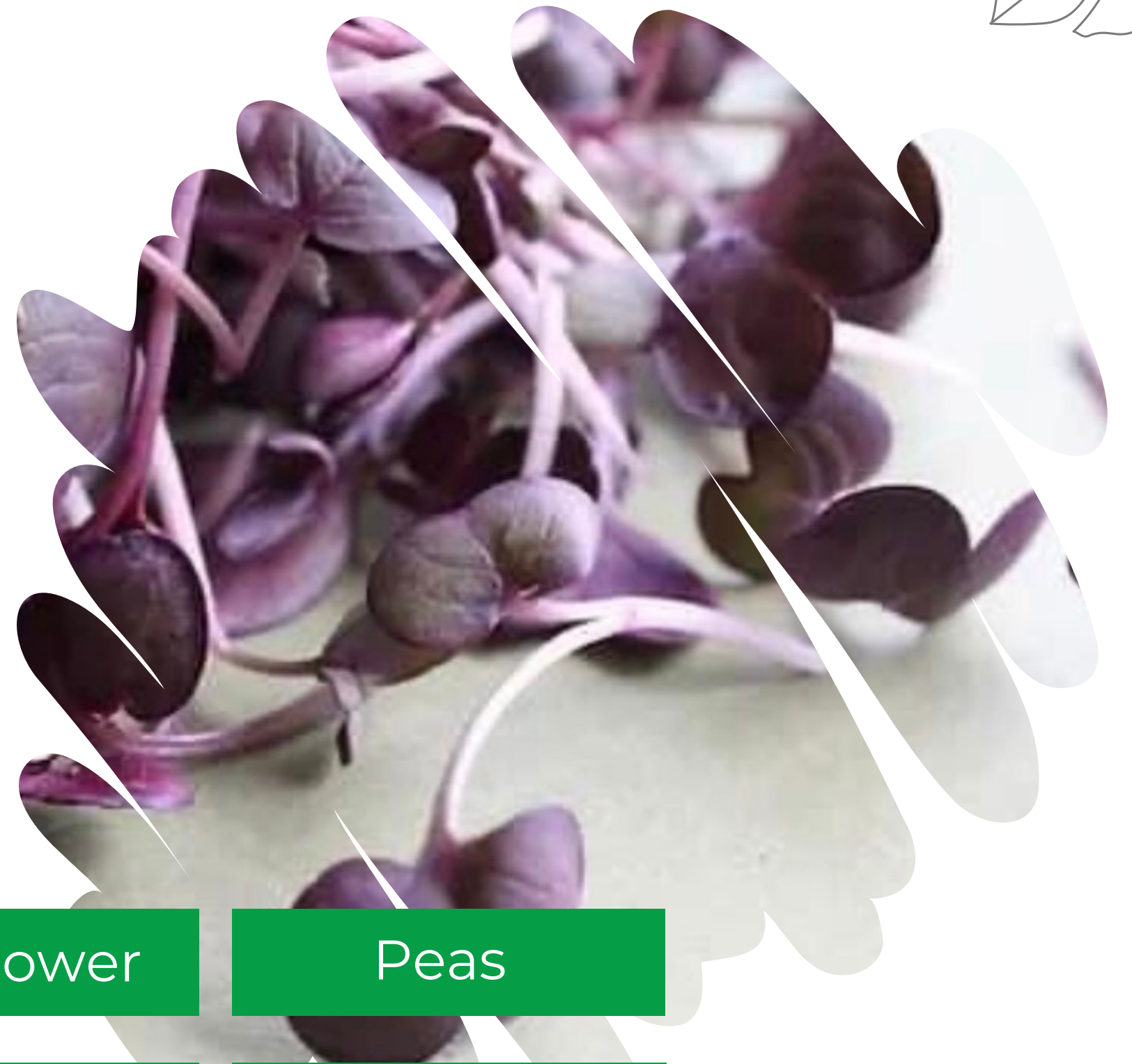
Heather's Peace Of Mind

M I C R O G R E E N S

About Us

Heather's Peace Of Mind Microgreens is a family owned business. We see Microgreens as the future of sustainable, chemical free nutrition. Microgreens may appear to be tiny, but their rich in vitamins four to 40 times more nutrients than their mature counterparts. I am a mother of six. I have been feeding my children microgreens their whole lives. The microgreens are grown indoors.

Types of Microgreens



Radish

Broccoli

Sun Flower

Peas

Carrots

Corn

Buckwheat

Cantaloupe





Benefits of Microgreens

Rich in nutrients

Antioxidant content

Microgreens contain high levels of vitamins, nutrients, and fiber. The vitamin content and concentrations differ by variety of Microgreens. Heather's Peace Of Mind Microgreens grows and sells a variety of Microgreens. Each can offer a robust serving of nutrients to achieve health goals while packing flavor in each bite!



Healthy Choice



Broccoli

SULFORAPHANE HAS ANTI-CANCER PROPERTIES



Carrot

Boosts the immune system
Rich in vitamin C, radishes help to protect your body's overall immune system



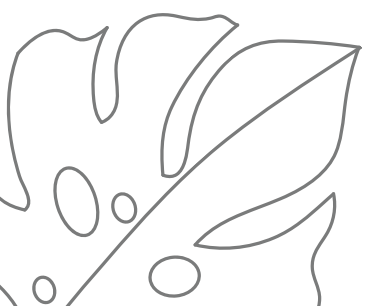
Sun Flower

Sunflower microgreens several nutrients which work as powerful antioxidants that protect cell membranes and other structures in the body from damage by free radicals. This may help reduce or prevent some of the effects of aging such as heart disease, cancer, and arthritis.



Estimated time to harvest

8 to 12 Days

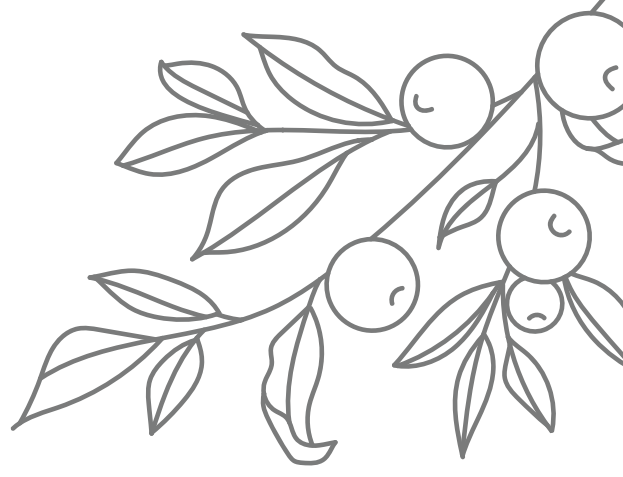




Our Mission

Our aim is to grow high-quality food to help improve the health of the earth and our friends. The main goal is to operate our local/small farm honorably with a wide variety of products for customers.





Get in Touch

Thank you,
Heather Noel Clark
Owner
Heather's Peace Of Mind
Microgreens



727-424-8263



heather@heatherspeaceof
mind.com



236 Essex Street Belle
Chasse, La 70037





Thanks You

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