

ARUGULA

Arugula microgreens have a fresh, pungent, crisp texture, earthy flavor. They are cruciferous and closely related to healthy vegetables like broccoli, kale, and radish.

THE FLAVOR

Alfalfa microgreens have a distinctive spicy, nutty, almost astringent flavor.

HEALTH ADVANTAGE

Alfalfa microgreens, due to their nutrient-dense composition, provide a variety of health advantages, including reducing cancer risks, Osteoporosis prevention, reduces risk of developing type 2 diabetes, reducing risk of cardiovascular disease, supports weight management, increase bone density, protects against ulcers, promotes eye health, anti-inflammatory, prevents anemia, detoxifies liver, reduce risk of colon polyps.

VITAMINS

A

C

K

B2

ELEMENTS

Folate

Potassium

Phosphate

Magnesium

Beta Carotene

Calcium

OUR FAVORITES

EXTRA TEXTURE

Salads

Sandwiches

GARNISH

Avocado Toast

Pasta Dishes

ADD NUTRIENTS

Smoothies

Stews