



## PURPLE KOHLRABI

Purple Kohlrabi microgreens are known for their vibrant purple-hued stems and leaves. The coloration comes from anthocyanins, which are antioxidant pigments present in various fruits and vegetables.

### THE FLAVOR

Purple Kohlrabi microgreens tend to have a mild, slightly spicy taste similar to mature kohlrabi or radishes, but milder. Their flavor profile is often described as crisp, fresh, and peppery.

### HEALTH ADVANTAGE

Purple Kohlrabi microgreens contain a high content of anthocyanins, potent antioxidants that support heart health and reduce oxidative stress. The concentrated source of nutrients, including vitamins A and C, are essential for immune function and skin health.

### VITAMINS

**C****K****B6****B9**

### ELEMENTS

Potassium

Calcium

Magnesium

Zinc

Phosphorus

Dietary Fiber

### OUR FAVORITES

### EXTRA TEXTURE

Salads

Sandwiches

Spring Roles

Wraps

Scrambled Eggs

Omelets

### GARNISH

Avocado Toast

Sushi Rolls

Pizza Toppings

Soups and Stews

### ADD NUTRIENTS

Smoothies and Juices

Crostini and Bruschetta