



What are 2farms MycoGreens™?

2farms is a partnership between Groganica & Frondosa Farms. **MycoGreens™** are the combination of Frondosa Farms, Kentucky Proud Mushrooms (mycology) and Groganica Farms, Kentucky Proud Microgreens (greens) into an amazing vitamin rich, nutrient, micronutrient powder that can be mixed into any liquid and/or sprinkled over any food.

Mushrooms & Microgreens contain some of the most powerful elements for good health on the planet! Studies show that Microgreens have up to 40x the nutrients of adult veggies. Mushrooms have been known for centuries to promote health and healing. The combination of Mushrooms and Microgreens create the ultimate super-power food!

*Concentrated vitamins + nutrients/micronutrients packed into a teaspoon sized dose of **MycoGreens™**.*

Preserving Mushrooms and enhancing their nutrient bioavailability

Our mushrooms are grown by Frondosa Farms. The harvested mushroom's raw vitamins and nutrients are retained by a freeze drying sublimation process. The mushrooms are gently cooked to ensure the absolute maximum bioavailability of nutrients. Mushrooms are unique because vitamin and nutrient uptake is enhanced by cooking them. Our proprietary growing and preservation process creates a fine quality mushroom powder that differentiates us from others.

Why Mushroom powder?

2farms Mushroom powder provides multiple times the nutrient content of the full fruit body in a very small concentrated dose. *Consume more Mushrooms!* According to a 2021 Penn State study, published by *Advances in Nutrition*, "Higher Mushroom Consumption is Associated with Lower Risk of Cancer". Additionally, numerous studies have shown that they have the potential to combat the effects of aging (both mental and physical), promote good gut health, enhance our immune system, improve mood and reduce inflammation (among many other studied benefits).

Why use Microgreens and not full grown vegetables?

- Microgreens on average contain *30x more nutrients* than their adult counterparts. Consume more Microgreens!
- Multiple scientific studies have confirmed that Microgreens are packed with far higher levels of vitamins A, B complex, B1, B2, B3, B6, C, D, E, K, amino acids, omega-3, antioxidants, fiber, iron, copper, folate, calcium, zinc, magnesium, potassium, sulforaphane, and phosphorus.
- Further studies have shown a correlation between consuming high levels of these vitamins and micronutrients and a major boost to the immune system.
- Microgreens have the ability to fight free radicals, improve gut health, lower blood sugar levels, lower blood pressure and decrease the risk of chronic diseases.

Preserving Microgreens and their nutrients

Our Microgreens are grown by Groganica Farms. We harvest them and use freeze drying sublimation to preserve them. This is the only way to retain their raw vitamins and nutrient density. This preservation method creates a super nutrient dense powder that can be stored unopened for up to 25 years.

Combine the very best benefits of both Mushrooms and Microgreens with MycoGreens™!

Extreme vitamins and nutrients in 1 teaspoon





MISSION: At 2farms it is our mission to create concentrated, nutrient-rich food powders from mushrooms and microgreens that are grown and harvested by us. We carefully select our ingredients based on scientific research to create freeze dried, pure food powders that are very high in specific vitamins, antioxidants and compounds that are evidenced in published studies to fight chronic illnesses and cancer. The bioactive compounds and nutrients found in mushrooms and microgreens have also shown to have multiple other benefits that include the promotion of better gut health, organ health, mental cognition, depression, blood-pressure, blood-sugar, and many other conditions. Although we are unable to claim that our powders will treat, cure or prevent any illness or disease they are extremely rich in the bioactive compounds and nutrients that have been scientifically researched to help with many health conditions.

DISCLAIMER: Our product is created from fresh harvested mushrooms and microgreens and **nothing else**. They have been freeze dried to retain their nutrients and then powdered and packaged. The statements and the products from our company are not intended to diagnose, treat, cure or prevent any disease. If you are concerned about consuming our product, please consult your physician before implementing any new diet, exercise, or supplement programs, especially if you have preexisting medical conditions or are taking prescribed medications.

“We grow it so you know it!”

