

MICROGREEN HOME DELIVERY

VARIETY and PRICE LIST SUMMER/AUTUMN 2024



Living Microgreens

Minimum purchase is 2 super punnets of living fresh micro-greens in one water-tight tray, per home delivery. Just keep in a light filled location and water them every second day with 2 cups water.

Standard single varieties \$10.00 per punnet

Broccoli; Snowpeas; Wheat; Sunflower, Faba Beans; Rocket.

Mixes – 2 to 4 varieties grown as a mixture \$10.00 per punnet

Health Kick Mix – Cruciferous varieties high in sulforaphane:

Broccoli, Red Russian Kale, Green Mizuna.

Spicy Kick Mix – Rocket, Red Mustard, Purple Radish, Green Mizuna, Red Mizuna, Daikon Radish.

Radish Mix- Purple and Daikon Radish

Micro-herbs (take 2-3 weeks to grow) and Special Varieties \$12.00 punnet

Chervil, Fennel, Coriander, Dill, Sweet Basil

Home Delivery available in Portland fortnightly.

For living microgreen orders we wish to keep prices down and waste to a minimum, so on your first order there is a surcharge of \$6.00 to cover the cost of 2 plastic super punnets and 1 watertight tray. This is once only and with each new delivery we swap over your empty punnets with fresh, newly grown micro-greens. Your first order will cost \$26 in total for 2 micro-filled punnets + tray. Then as a return customer \$20 (excluding any additional cost if herbs or special varieties are chosen).

Our Mission is to make healthy habits easy!

Did you know that micro-greens have up to 40 times the nutrient density of their mature version? Adding them raw to salads, meals and smoothies instantly shares their super health benefits with you. One major health compound found in many varieties we grow is Sulforaphane. What does it help your body to do? Reduce inflammation, prevent heart disease, reduce blood sugar levels, prevent and fight cancer, slow down cellular aging, stimulate immune system and boost brain function!

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