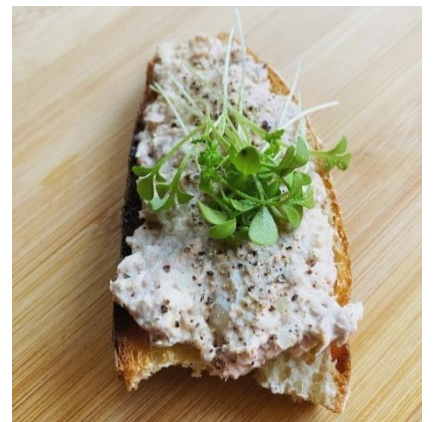




FARRAH FARMS




2021 Product Catalog

orders@farrahfarms.com | farrahfarms.com | [@farrahfarmspdx](https://twitter.com/farrahfarmspdx)

FRESH MICROGREENS GROWN IN PDX

Our Mission




At Farrah Farms, we provide year-round high-quality culinary microgreens to local chefs, restaurants and friends in our community. We grow your Microgreens to order utilizing our indoor urban farm and harvest them only hours before you receive your order; resulting in fresh, quality Microgreens.

Natural Organic Growing


We grow our Microgreens using methods better for the Earth and our environment. We use Coconut Fiber from processed coconut husks as our soil medium so your product is cleaner for you to consume. We use Organic and recycled materials whenever possible, no chemicals and NON-GMO seeds.

Where and when do you deliver?



We currently deliver to area codes: 97205, 97209, 97211 - 97215, 97217, 97218, 97227 & 97232; if you are outside this zone we can arrange local pickup in NE Portland, 97212. (masks required, we'll run your order out to your car)

We are available to deliver your greens to you Wednesday - Friday between 10-4pm. Emergency deliveries of any on-hand greens may be possible outside these times; shoot us an email or text and we will do our best to fulfill your order.



How much do I need to order?

Our minimum order is \$20 for free delivery. For a one-time order, we will plant your order once we receive payment. We recommend standing orders for restaurants and our chefs so we can deliver you consistent and quality product.

Sounds great, let's do this!

Awesome, we're excited to work with you. Browse our catalog and compile an order with the size and quantity of each microgreen you want delivered and the frequency of your order; ex. 1x week every Monday, 2x a week every Monday and Friday. Email us at orders@farrahfarms.com and we will confirm your order shortly. Depending on which microgreens you order, your first order will be fulfilled 1-3 weeks after your order is placed. Any questions? Call/text Zack at (917) 893-1295.



Check out our Sample Request Form at farrahfarms.com/restaurants

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**Flavorful, intense and unique flavors
for your culinary masterpieces**





Amaranth, Red Garnet



DESCRIPTION

Red Garnet Amaranth is a high-protein microgreen with stunning red and magenta tones. The most vibrant color of any microgreen variety. Mild and sweet flavor. Excellent and elegant garnish.

PRICES

Sizes	Price
Small, 1oz (28g)	\$11
Large, 2oz (56g)	\$20



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
17 days	Maroon	Mild and sweet, light and fresh	Fine, elegant	Vitamins K, E & C. Calcium, Iron, beta carotenes

Arugula



DESCRIPTION

Arugula is very popular microgreen and is considered a staple of the spicier side of microgreens and baby salad greens. The peppery taste gets less intense as it grows bigger. Great garnish, full of flavor and very aromatic.

PRICES

Sizes	Price
Small, 1.5oz (40g)	\$8
Large, 3oz (80g)	\$14



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
13 days	Green	Peppery, buttery, cabbage-like	Crisp, fresh	Vitamins A, C, calcium, iron and phosphorus

Basil, Dark Opal



DESCRIPTION

Rich basil flavor which is more intense than adult plants, soft texture on the palette. This variety of purple basil has a beautiful dark color, earning its name of Dark Opal. Outstanding choice for pesto and caprese salads.

PRICES

Sizes	Price
Small, 1oz (28g)	\$9
Large, 2oz (56g)	\$16



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
21 days	Purple, with some green	Intense basil	Soft, elegant	Vitamins A, C & K. Iron and manganese

Basil, Green Genovese



DESCRIPTION

Use micro basil in place of regular basil for a more intense and fresh burst of flavor. Soft, elegant mouth-feel and very aromatic.

PRICES

Sizes	Price
Small, 1oz (28g)	\$8
Large, 2oz (56g)	\$14



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
21 days	Green	Intense basil	Soft, elegant	Vitamins A, C & K. Iron and manganese

Basil, Lemon



DESCRIPTION

Lemon basil is best suited as a finishing element and can be utilized in both raw and cooked applications. It is important to note that Lemon basil should be added just before plating to maintain the herb's flavor and aromatic qualities. Zesty basil flavor with soft and fragrant leaves.

PRICES

Sizes	Price
Small, 1oz (28g)	\$9
Large, 2oz (56g)	\$16



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
21 days	Green	Intense basil with zest	Soft, elegant	Vitamins A, C & K. Iron and manganese

Beet, Detroit Red



DESCRIPTION

Beet microgreens have a mild, spinach-like flavor. Intensely purple stems and bright green leaves that are even more nutrient-dense than mature beets. Try them as a replacement for baby spinach in salad, or simply as an eye catching garnish.

PRICES

Sizes	Price
Small, 1.5oz (40g)	\$11
Large, 3oz (80g)	\$20



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
18 days	Green leaf, red stems	Sweet, earthy; fresh and vibrant	Fresh, juicy	Vitamins A, B, C & K. Iron, calcium, magnesium

Borage



DESCRIPTION

Looking for cucumber microgreens? You've found it. Their flavor is very similar to cucumbers with a fresh bitterness that will add depth to salads and sandwiches! Crunchy, fresh and sometimes a little fuzzy.

PRICES

Sizes	Price
Small, 1oz (28g)	\$9
Large, 2oz (56g)	\$16



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
8 days	Green	Cucumber, melon, light bitter aftertaste.	Crisp, juicy, succulent	Vitamins B, C, and K, folic acid, and fiber

Buckwheat, Organic



DESCRIPTION

Buckwheat isn't a wheat at all, in fact it derives from the rhubarb and sorrel family. The seeds interestingly are shaped like little pyramids. Their flavor is mild and somewhat of a tangy variety. Great for garnish, fish and other savory dishes.

PRICES

Sizes	Price
Small	\$8
Large	\$14



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
10 days	Green, pink stems	Citrus-like flavor with tart and tangy flavors	Crunchy, fresh	Vitamins B, C, and K, folic acid, and fiber

Carrot



DESCRIPTION

Finely textured leaves. Mild carrot flavor. Sprinkle over a dish to create an interesting, delicate effect.

PRICES

Sizes	Price
Small, 1oz (25g)	\$11
Large, 2oz (50g)	\$20



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
21 days	Green	Mild carrot	Bushy, elegant	Vitamins A, B, D & E. Calcium, iron, magnesium, potassium and phosphorus

Celery, Utah 52-70



DESCRIPTION

A very light green micro that tastes just like celery, but with a more intense flavor. Great addition to any micro salad or sandwich to add crunch and celery flavor. Garnish soups, salads, fish and cold salads for extra flavor and texture.

PRICES

Sizes	Price
Small, 1oz (28g)	\$12
Large, 2oz (56g)	\$22



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
25-31 days	Green	Sharp celery taste	Light, elegant	Vitamins A, B, C & E. Fiber, calcium, iron, magnesium and zinc

Chervil, Curled



DESCRIPTION

Finely curled leaves. Parsley-like flavor with a hint of tarragon. Use for soups, egg dishes, fish and sauces. Aromatic and elegant.

PRICES

Sizes	Price
Small, 1oz (28g)	\$11
Large, 2oz (56g)	\$20



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
18 days	Green	Mild, fresh, airy flavor with a hint of anise	Delicate, light	Vitamins A, C, potassium, folates, calcium

Chicory, Bianca Riccia



DESCRIPTION

Long light-green, ruffled leaves. Mildly bitter flavor. Pale-green color blends well and beautifully complements dark-green and dark-red varieties in mixes.

PRICES

Sizes	Price
Small	\$11
Large	\$20



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
18 days	Pale green	Mildly bitter	Fresh, crisp	Vitamins A, K & C. Calcium, copper, manganese, folates

Cilantro, Organic



DESCRIPTION

A very popular herb with bright, citrusy flavor. An elegant way to add cilantro flavor to dishes, compared to using the standard, full-size chopped leaves. Widely used in Mexican, Asian, and fusion cuisine and a nice flavor component in fish and seafood dishes.

PRICES

Sizes	Price
Small, 1oz (25g)	\$10
Large, 2oz (50g)	\$18



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
17 days	Green	Strong cilantro	Crisp, fresh	Vitamins A, C, E, K, calcium, iron, potassium, fiber and magnesium

Corn, Organic



DESCRIPTION

Amazing taste and stunning yellow shoots make this a uniquely delightful microgreen. Super sweet! These microgreens are never shown sunlight so they remain bright yellow. Desserts, cocktails or throw into a salad mix.

PRICES

Sizes	Price
Small, 1.5oz (45g)	\$10
Large, 3oz (90g)	\$14



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
7 days	Bright yellow	Super sweet, splenda	Crunchy, fresh, juicy	Vitamins A, B, C & E. Calcium, chlorophyll, and magnesium

Cress, Curled



DESCRIPTION

Cress has an interesting shaped leaf that is green in color. The peppery flavor is intense. The peppery taste of cress is stronger than any other micro.

PRICES

Sizes	Price
Small, 1.3oz (35g)	\$9
Large, 2.5oz (70g)	\$16



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
16 days	Green	Peppery, hint of sweet	Fresh, aromatic	Vitamins B, C, and K, folic acid, and fiber

Dandelion, Red



DESCRIPTION

When it comes to microgreens, dandelion may not be the top choice of many people. However, it's actually all edible (root, stem, and leaves) in both the microgreen stage or somebody prefers a little older baby-green stage, and it has a slightly bitter taste.

PRICES

Sizes	Price
Small	\$12
Large	\$22



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
25 days	Green	Slightly bitter, earthy	Crisp, crunchy, firm	Vitamins A, C, E & K. Folate, iron, calcium

Dill, Boquet



DESCRIPTION

Bouquet dill as a microgreen will bring a bright zest to your soup, fish or seafood dish! It's willowy appearance and pleasant aroma will add flair to bring dishes to life.

PRICES

Sizes	Price
Small, 0.5oz (14g)	\$10
Large, 1oz (28g)	\$18



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
15 days	Green	Mild dill, zesty	Thin, fine	Vitamins A, B, C, E, and K, calcium, iron, magnesium

Endive, Curled Ruffec



DESCRIPTION

Endive is a pleasant light green color and has a slight bitter taste that makes a nice contrast to strong flavors like sweet, salt and spice. It works well in place of lettuce on sandwiches and as a flavor contrast in microgreens salads.

PRICES

Sizes	Price
Small	\$8
Large	\$14



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
15 days	Green	Pleasant bitterness	Light, crisp, fresh	Vitamins A, C, calcium, iron and magnesium

Fenugreek



DESCRIPTION

Ground Fenugreek seeds are one of the primary ingredients in curry powder. As a microgreen fenugreek has a powerful flavor and a little goes a long way.

PRICES

Sizes	Price
Small	\$8
Large	\$14



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
14 days	Green	Subtle bitterness	Crisp, juicy	Iron, calcium, magnesium, vitamin B-6

Kale, Vates Blue Scotch



DESCRIPTION

A robust and substantial microgreen. Vates Blue Scotch Kale has a mild spinach flavor, making it a great micro or baby salad green. Choose whether your grow has just cotyledon's, or a full true leaf or two.

PRICES

Sizes	Price
Small	\$8
Large	\$14



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
14 days	Green	Strong brassica, nutty and rich	Crunchy	Vitamins A, C & K, antioxidants, iron, copper and fiber

Kale, Red Russian



DESCRIPTION

Check out this vibrant Kale microgreen with dark green leaves and variegated stems of pink, floral purple, and at times, bright red. Choose whether your grow has just cotyledon's, or a full true leaf or two.

PRICES

Sizes	Price
Small	\$8
Large	\$14



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
14 days	Green with redish stems	Strong brassica, nutty and rich	Crunchy	Vitamins A, C & K. Iron, antioxidants, copper and fiber

Kohlrabi, Purple Vienna



DESCRIPTION

Purple Vienna Kohlrabi microgreens are vibrant, with purple to rose-colored stems and contrasting dark green leaves. The purple of the stem carries up between the cotyledons, and some of the leaves can also be purple-tinged. Excellent for garnishes and salad mixes.

PRICES

Sizes	Price
Small, 1.3oz (35g)	\$8
Large, 2.5oz (70g)	\$14



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
10 days	Green, purple stems	Brassica, mix of broccoli and cauliflower	Crisp, fresh	Vitamins A, C and B-complex, antioxidants

Leek, American Flag



DESCRIPTION

American Flag Leeks have an onion taste that can add a burst of flavor to any micro salad or be used as an elegant garnish. Long, slender greens look like miniature chives, and can be used as an onion substitute in most any dish. Amazing on bagels, sandwiches, soups and almost anything else.

PRICES

Sizes	Price
Small, 1.5oz (45g)	\$12
Large, 3oz (90g)	\$22



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
14 days	Green, black seed tips	Peppery flavor, slightly buttery and cabbage-like	Thread-like	Vitamins A and C, calcium and iron

Lemon Balm



DESCRIPTION

From a wonderful fragrance to a subtle lemon flavor with a hint of bitterness, this long term micro is well worth the wait. Try it in a favorite marinade or vinaigrette. Garnish and impress them with your desserts and cocktail too. Amazing on fresh sushi, sashimi or any fish.

PRICES

Sizes	Price
Small, 0.5oz (15g)	\$16
Large, 1oz (30g)	\$28



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
35 days	Green	Zesty lemon	Soft, aromatic leaves	Vitamins A, B complex, D, and E, calcium, iron

Magenta Spreen, Organic



DESCRIPTION

Leaves and stem tips "dusted" with magenta. Spinach-like flavor. Use as a gentle color contrast to any dish. These micros have a beautiful hint of pink/purple color near the center. Fully edible and perfect for garnishing any plate. USDA Certified Organic.

PRICES

Sizes	Price
Small	\$18
Large	\$30



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
25 days	Green with pink center	Spinach, mild	Fresh	Vitamins C and E. Iron, calcium, antioxidants

Marigold, Gem



DESCRIPTION

Spicy flavor with light citrus undertones. Makes a unique dessert garnish. Intricate leaves, very sought after micro.

PRICES

Sizes	Price
Small	\$14
Large	\$25



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
25 days	Golden Green	Spicy, citrus	Intricate, elegant	Vitamins A, C, calcium, iron and phosphorus

Mizuna, Red Streaks



DESCRIPTION

A flavorful mustard sought after because of the spectacular red-purple highlight. Red Streaked Mizuna adds an interesting zest to any micro salad, sandwich or garnish. Beautiful, dense and serrated leaves in tones of green and purple. A true show stopper.

PRICES

Sizes	Price
Small, 1.5oz (45g)	\$11
Large, 3oz (90g)	\$20



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
15 days	Green with red streaks	Bold mustard, mild spice	Fine toothed leaves	Vitamins A,C, E & K. Fiber, antioxidants and iron.

Mizuna, Lime Streaks



DESCRIPTION

A beautiful Asian mustard green with great visual appeal. The cotyledons are green, and the stems are yellow-green. Lime Streaks Mizuna microgreens have a slight tang along with the classic mustard greens spice.

PRICES

Sizes	Price
Small, 1.5oz (45g)	\$11
Large, 3oz (90g)	\$20



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
15 days	Green	Mustard spice, citrus sweetness	Soft, slightly crunchy, dense	Vitamins A, C, E & K. Antioxidants and fiber.

Mustard, Red Tatsoi



DESCRIPTION

Red Tatsoi makes a lovely microgreen as well as a terrific garnish and addition to any dish. With a mild flavor profile, and slight spice, this Microgreen will dazzle customers with its vibrant purple and green colors.

PRICES

Sizes	Price
Small, 1.5oz (45g)	\$11
Large, 3oz (90g)	\$20



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
15 days	Green, Purple	Mustard spice, mild sweetness	Crunchy, dense	Vitamins A, C, E & K. Antioxidants and fiber.

Nasturtium



DESCRIPTION

Nasturtium microgreen seeds pack a powerhouse of flavor when in the microgreen stage. They have beautiful variegated colors, especially in this Jewel Mix. Beautiful “lily pad” garnish for sushi and any other dish that needs a kick of spice. One of Farrah’s favorites!

PRICES

Sizes	Price
Small, 0.6oz (17g)	\$13
Large, 1.25oz (35g)	\$24



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
14 days	Shades of green with pinkish stems	Spicy, like wasabi and mustard	Succulent	Vitamins A, B and C, potassium and copper

Parsley, Triple Curled



DESCRIPTION

Parsley microgreens are excellent to flavor most any dish. Great as a garnish, or other application where a parsley flavor would contribute. Delicate, fragrant parsley; green miniature leaves.

PRICES

Sizes	Price
Small, 1oz (25g)	\$10
Large, 2oz (50g)	\$18



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
20 days	Green	Parsley	Delicate, fine	Vitamins A, C. Iron

Peas, Tendril Organic



DESCRIPTION

Pea shoots are sweet, crisp, crunchy, and taste delicious, like young snow peas. This variety is long and slender with some tendrils mostly on top. Great for garnishing, juicing or adding to a salad.

PRICES

Sizes	Price
Small, 1.5oz (45g)	\$8
Large, 3oz (90g)	\$14



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
11 days	Green	Sweet, fresh pea	Crunchy, succulent	Vitamins A, C, E, B1, B2, B3, B6, protein, fiber, omega-3 and micronutrients

Radish, China Rose



DESCRIPTION

China Rose Radish is a green micro with an intense radish flavor. Great in any microgreen or full-sized salad. Use instead of sliced radish anywhere you would normally use radish. Shades of pink stems make this radish unique.

PRICES

Sizes	Price
Small, 2oz (56g)	\$7
Large, 4oz (112g)	\$12



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
9 days	Green, pink stems	Spicy, floral, sweet	Crunchy, fresh, succulent	Vitamins A, B, C, E, & K, folic acid, niacin, potassium, iron

Radish, Purple Rambo



DESCRIPTION

Purple Radish is beautiful delicious microgreen. Cotyledons are mostly deep purple with occasional green, which make a beautiful highlight. The rosy stems and bright flavor add both a tasty flair and a great look as a garnish or in a salad.

PRICES

Sizes	Price
Small, 2oz (56g)	\$7
Large, 4oz (112g)	\$12



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
9 days	Deep purple	Spicy, floral, sweet	Crunchy, fresh, succulent	Vitamins A, B, C, E, & K, folic acid, niacin, potassium, iron

Red Veined Sorrel



DESCRIPTION

Red Veined Sorrel AKA: Spinach Dock or Narrow-leaved Dock. Tart leaves have lemony taste that some have described as the flavor of Kiwi or strawberry. Unique and stunning garnish for savory and sweet dishes, cocktails and charcuterie boards. Our #1 favorite microgreen of all time.

PRICES

Sizes	Price
Small	\$16
Large	\$28



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
55 days	Green, red ribs	Bright, lemony, astringent, tangy	Leafy, sharp, crisp	Vitamin K, C & E. Oxalic acid, various minerals

Salad Mix



DESCRIPTION

A super healthy, fresh and crunchy mix: Waltham 29 Broccoli, Vates Blue Scotch Curled Kale, Purple Vienna Kohlrabi, Slow Bolt Arugula & Red Acre Cabbage. Great as your general purpose garnish with pops of color.

PRICES

Sizes	Price
Small, 1.5oz (40g)	\$8
Large, 3oz (80g)	\$14



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
10 days	Green, purple	Nutty, fresh brassica, slight spice	Fresh, crunchy	Vitamins A, B-complex, C & K. Antioxidants, fiber, iron

Shiso, Britton



DESCRIPTION

Micro Shiso is aromatic, tender, and semi-crunchy with an earthy flavor containing notes of licorice, mint, clove, basil, and cinnamon. It is also described as having a flavor that is balanced with an equal amount of sweet and spice.

PRICES

Sizes	Price
Small	\$16
Large	\$28



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
55 days	Red/Purple leaves with green stems	Licorice-like, earthy	Soft	Vitamins A, C & K. Calcium, iron, phosphorus and fiber

Shungiku (Chrysanthemum)



DESCRIPTION

This light green, pretty micro has a slight crunchy texture with a strong carrot, fruit, flowery flavor that also has a mild but pleasant bitterness. Great as an addition to mixed salad greens.

PRICES

Sizes	Price
Small	\$12
Large	\$22



INFORMATION

Grow Time	Color	Flavor	Great with...	Nutrients
20 days	Green	Strong carrot	Crunchy, juicy	Vitamins B, C & K. Folic acid and fiber

Sunflower, Organic



DESCRIPTION

Sunflower microgreens are large, substantial greens that are crunchy and have a pleasant nutty flavor. We love to use them as a base for any microgreens salad. They provide great texture and health benefits to any dish.

PRICES

Sizes	Price
Small	N/A
Large, 4oz (112g)	\$12



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
8 days	Green	Nutty	Crunchy, fresh	Vitamins A, B D & E. Amino acids, copper, calcium, iron, magnesium, potassium, zinc

Wheatgrass, Organic



DESCRIPTION

Hard Red Spring variety; sugary with nutty aftertaste.

PRICES

Sizes	Price
Small	\$6
Large	\$10



INFORMATION

Grow Time	Color	Flavor	Texture	Nutrients
8 days	Green	Mild sweet, bitter, nutty	Soft, gently fibrous	Vitamins A, C, E, K & B6. Calcium, magnesium and iron