



Thomas Trades microgreens are grown locally in Muscat and harvested at peak freshness for maximum flavor, nutrition, and shelf life. Picked the same day they're delivered, with no pesticides and no long supply chains. Just fresh, living greens grown with care and precision.

Our Selection

Mustard

bold and spicy with a sharp kick

Kale

tender with a subtly earthy flavor

Broccoli

mild, fresh, and slightly peppery

Arugula

light, nutty greens

Cilantro

fragrant and citrusy

Basil

sweet, aromatic, and intensely fragrant

Radish

bright, peppery, crunchy greens

Chives

subtle onion flavor with delicate blades



Pricing and Information

Regular Items: Broccoli, Mustard, Kale, Raddish, Arugula

50 grams - 2 OMR

Half Tray (≈125g) - 4 OMR

Full Tray (≈125g) - 8 OMR

Premium Items: Basil, Cilantro, Chives

50 grams - 4 OMR

Half Tray (≈125g) - 8 OMR

Full Tray (≈250g) - 16 OMR

We are proud suppliers of hotels, restaurants, and markets across Muscat.

We plant on a per-order basis. Once a recurring order schedule is reached, we plan our harvests according to your desired delivery days.

All microgreens are delivered on the day of harvest.

If you would like to purchase a product that we do not grow, we will be happy to arrange the addition of the new microgreen to our business.

For samples, pricing, or standing orders, please contact:

Thomas Trades

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