



Greensome

Where health is the only priority



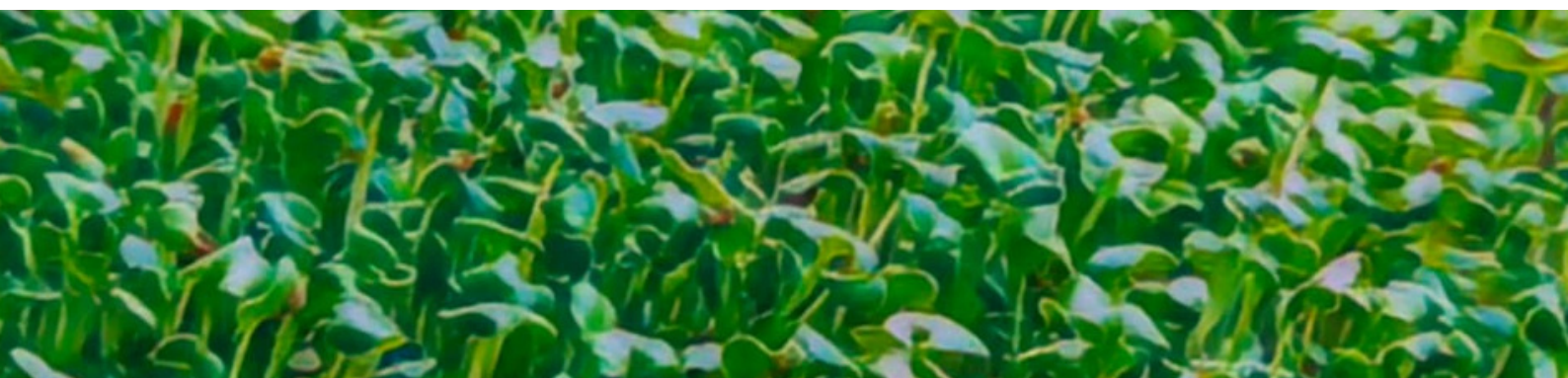


Microgreens are tiny, edible plants that are harvested just after they sprout their first leaves. They are like baby versions of vegetables and herbs, such as Broccoli, Radish, or basil, and are usually just a couple of inches tall. Despite their small size, microgreens pack a punch when it comes to nutrients. They are often richer in vitamins and minerals than their full-grown counterparts, making them a great addition to salads, sandwiches, or smoothies. Eating microgreens can boost your intake of antioxidants, which help protect your cells from damage, and they add a burst of flavor and color to your meals.





Microgreen	Key Vitamins	Key Minerals
Broccoli	Vitamin C, Vitamin K	Calcium, Iron, Potassium
Radish	Vitamin C, Vitamin A	Potassium, Calcium
Purple Radish	Vitamin C, Vitamin E	Magnesium, Calcium
Pea Shoot	Vitamin C, Vitamin A	Iron, Phosphorus
Sunflower	Vitamin E, Vitamin B6	Zinc, Selenium, Magnesium
Wheatgrass	Vitamins A, C, E	Iron, Magnesium
Beetroot	Vitamin C, Vitamin A	Potassium, Magnesium
Amaranth	Vitamin C, Vitamin K	Calcium, Iron
Alfalfa	Vitamin K, Vitamin C	Calcium, Magnesium
Pak Choi	Vitamin C, Vitamin K	Calcium, Iron





Microgreen	Key Vitamin	Key Mineral
Garden Cress	Vitamin A, C, E, Folate	Iron, Calcium
Fenugreek	Vitamin A, C, K	Iron, Magnesium
Mustard	Vitamin A, C, K	Selenium, Calcium
Kale	Vitamin A, C, K	Calcium, Magnesium
Red Cabbage	Vitamin C, K	Potassium
Basil	Vitamin K, A	Magnesium, Calcium
Cilantro	Vitamin K, C	Potassium
Chia	Vitamin E, A, C	Calcium, Magnesium
Arugula	Vitamin A, C, K	Calcium

