

MicroLeaf



Microgreens

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Naturally Nutrient Rich!



The easy way to eat your greens!

What are microgreens?

Microgreens are vegetables harvested in the adolescence of a plant's growth cycle so that they have the maximum density of nutrition and flavor. All of the plant's nutritious power is concentrated in a small, colorful shoot with tender embryonic seed leaves, called cotyledons.

Which varieties do we offer?

Radish – Light stems and lush green leaves offer a fresh and spicy bite.

Pea Shoots – Long stems with several sweet leaves produce a fresh pea pod taste.

Delicious & Nutritious



Sunflower – Green and red stems bear soft and hearty leaves. These “sunnies” are sweet and mild with a slight nutty flavor.

Brassica Mix – Green and purple in color, this mix contains 6 different microgreens that pack a diverse nutritional punch. Savory, peppery, and complex in flavor.

Beet – Bright red stems with green leaves give a sweet, earthy flavor.

Micro-Cilantro – Light green leaves produce a powerful citrus flavor.

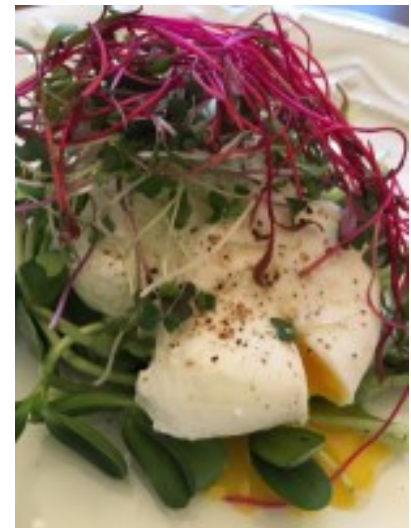
Micro-Basil – With short stems and simple green leaves, this basil tastes like licorice!

How are microgreens different from vegetables?

Microgreens is what you'd get if you took a vegetable and removed the excess fiber, tough skin, and extra water. Only the life-giving vitamins, minerals, enzymes, and other bio-goodies are left! It's like having 10 pounds of healthy nourishment in a 1-pound bag!

Why Microgreens?

People use microgreens for three basic reasons: nutrition, convenience, and art.



Nutrition: Microgreens have up to 40x the nutrient density of the corresponding mature plant, depending on the variety and the nutrient.

Microgreens have up to 100x the enzymatic density of the corresponding mature plant (Enzymes are what your body needs to use and process vital nutrients).

Convenience: Microgreens are a convenient food ingredient to embrace. They're soft and easy to chew. They don't need to be chopped, peeled, pitted, or cooked. Just toss in or top on food. Juice and smoothie enthusiasts can easily drop them into the blender, since they lack the excessive fiber found in most mature vegetables. No more cleaning that juicer!

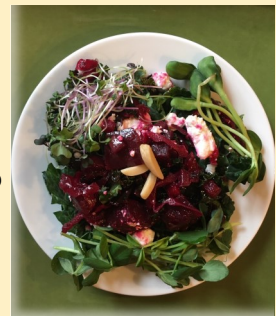
Art: Microgreens are tasty *and beautiful*. Chefs in the fine dining industry have been using them for years to turn their plates into works of art and to dazzle the palates of their customers with exciting and unexpected flavors. These greens are now found in restaurants and homes alike as people are catching on and enriching their lives with these wonderful foods!

How should I eat microgreens?

Breakfast– Toss them in your omelet. Have a bowl of sunflower shoots with maple syrup. Sprinkle micro-basil on French toast!

Lunch — Microgreens make great salads, snacks, and toppings for pizza or tacos. Put radish shoots on your sandwiches or drop micro-cilantro into a hot soup right before eating!

Dinner—Wilt some pea shoots into your pasta. Lay your tuna steak across a bed of sunflower shoots. Top your oysters with the amazing Brassica Mix. Use a variety of microgreens underneath your stew instead of mashed potatoes for a low-carb shepherd's pie!



Get creative! There are many ways to eat them.

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