

# Microgreens 40X

The Easiest Most Powerful Whole Superfoods on Earth.



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As a child, I always loved my Grandparents' farm in the hills of West Virginia, up in the northern pan-handle.

It wasn't a commercial farm, and my Pap-Pap actually worked his whole life in the local steel mill. But they had a fantastic garden every year, despite less than fantastic soil. Fresh green beans, corn, tomatoes, cabbage, and all sorts of other fresh vegetables. It was so exciting in the summer!

They were good homesteaders, too. Rainwater from the rooftops was collected in a reservoir and used all summer long. Dead trees were harvested for the wood stove every year. Pap kept bees near the orchard for pollination and honey, and Grandma made her own quilts. They both worked hard at canning and made homemade jerky. There were times that it seemed like paradise.

My experiences there really left an impression on me.

So when my wife and I bought our first home together, we chose one that came with a BONUS!

We bought the place from an old farmer, and it happened to come with an impressive little raspberry field, over 1000 row-feet.

I became so enamored with the thought of it all.. the honesty of working the land.. the intimacy of growing food for people.. the mystery and magic of watching a plant grow up and then give you something precious.

That was how we got into agriculture. That first year we grew raspberries, field greens, root vegetables, tomatoes, and maintained our day jobs. But we decided it was our Microgreens that would be the focus of our full time adventure in artisan farming.

Now, I grow the most nutritious foods on earth for people every day, all year long.

Farming is very hard sometimes, but there's probably no turning back for me now. It would be heartbreaking to see our greenhouses sit empty, and now there's quite a few people that are counting on us to produce these powerful Microgreens, and they're getting well and leading a fuller life as a result.

It's like an old blues man said to me once,

*"You're a farmer. Feed the people."*

# What are Microgreens?

Microgreens are nothing more than adolescent plants.

They're vegetables and herbs that have been harvested very young, at the moment of peak nutrient density.

It's like we harvested a plant while it was still in puberty... At 8-14 days of age, a plant has the maximum density of nutrition and flavor. All of the plant's nutritious power is concentrated in a small, colorful shoot that's very tender.

For most Microgreens, the ideal harvest period is at the full development of the cotyledon leaves, just before the first set of true leaves emerge. However, each Microgreen variety has a unique shape, size, color, and flavor.

Are they sprouts?

No... they're the next stage of development after 'sprouts':

A sprout is nothing more than a seed that's been activated with water to make the nutrition bioavailable (makes it so your body can digest it).

However, a Microgreen is a plant. It roots, it photosynthesizes, and we cut it away from the root system with a knife.

Microgreens get slightly better color, flavor, and nutrition, but more importantly: they're safer. Sprouts have been associated with outbreaks of food-borne illness. They're considered a high-risk product because the consumer eats the seeds, and seeds come from the field. Obviously, there's a number of reasons an open field is a less than sanitary environment. More importantly, sprouts are produced in batch actions with common water. That means that if there's a pathogen on once seed, it will likely spread to the entire batch.

Now, I'm not saying you should never eat sprouts. I'm not a sprout expert. I'm YOUR Microgreens farmer. All I'm saying is that Microgreens don't have the same inherent risks as sprouts.

They're plants, not seeds. Microgreens root, they photosynthesize, and we harvest them.

[Learn about the best way to receive premium Microgreens, cold to your door](#)

# Why Eat Microgreens?

## Art

Microgreens explode with flavor and beauty.

## Nutrition

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

*...That means a Pint of Microgreens could have the same nutrients as up to 5 gallons of the corresponding mature vegetable.*

They also have **up to 100x** the enzymatic density of the corresponding mature plant. Enzymes are what your body needs to catalyze biochemical reactions and actually utilize all that nutrition.

*...That means a Pint of Microgreens could have the same enzymes as up to 12.5 gallons of the corresponding mature vegetable.*

Microgreens provide the MASSIVE amounts of nutrient that enable your body to naturally heal, grow, and thrive.

## Convenience

You've spent enough of your life chopping vegetables.

**Stop it.**

*You deserve better...* and now Microgreens are here!

..no peeling, no chopping, no pitting, no cooking, no WORK.

They're authentic whole foods, but they require ZERO effort compared with mature vegetables. They're soft and easy to chew. In fact, Microgreens are the EASIEST food ingredient use every day.

[Discover the life changing benefits of regular Microgreens through a Microgreens CSA](#)

# Time is the True Barrier to Health

Seriously, are you eating enough vegetables?

...Why not?

The most common answer that I get is this: Time.

Real whole foods *require time, effort, and expertise* to prepare, and most people already have too much going on. How much time would you have to spend if you were eating enough veggies?

Simply put, vegetables are a grind.

There's a reason the nutritional supplement industry is worth **hundreds of billions of dollars**. People know that their diets are **costing** them big in healthcare bills, energy, and possibly even the overall length of their lives.

But do the pills and powders work?

I don't know. But what I do know is that **Microgreens aren't pills and powders**. They're real-deal whole foods. But they *don't require* the peeling, pitting, slicing, steaming, and sautéing that makes people avoid vegetables.

They hardly require preparation at all... *Microgreens have the authenticity and bioavailability of a whole food.*

And since Microgreens have concentrated nutrition compared with corresponding mature vegetables, *they have the potency that you would expect from a laboratory supplement.*

**They're the best of both worlds. They're vegetables that anyone can love.**

Neglecting your veggies is a serious problem, and people all over the country are paying the consequences. Microgreens solve your problem without burdening you. Now you can take care of yourself and still live your life.

**[How to get your Microgreens when you want them, all on your timetable](#)**

# How to Use Microgreens?

Microgreens go with everything because of the *many vibrant flavors* and the complete lack of work involved. There are **endless possibilities**.

They're great on sandwiches and in salads. You can drop them in a hot soup right before you serve it. They're great beddings for entrees and toppings for entrees, and they're perfect for smoothies because they're tender enough not to require juicing. Or you could literally just eat them like a bag of chips.

Below are some examples for breakfast, lunch, and dinner. Our customers are the ones with the best ideas, though. They're just so creative! Follow us on **social media @MicroLeafFarms** to see their fabulous exploits. Getting the pictures is one of my favorite parts of this business. We're also collecting recipes for our very own MicroLeaf Farms Microgreens Recipe Book, and I'll let you know as soon as it's ready... This is just the tip of the iceberg.

## Breakfast

Use Spicy Radish Microgreens in an omelet. Substitute Broccoli or Brassica Mix Microgreens for the english muffin or the pork roll in your eggs benedict. Have a bowl of sunflower shoots with maple syrup. Sprinkle micro-fenugreek on French toast!

## Lunch

Microgreens make great salads, snacks, and toppings for pizza or tacos. Put any of them on your sandwiches or drop them into a hot soup right before eating!

## Dinner

Wilt some Pea Shoots into your pasta, or use the Sunflower Microgreens as a raw pasta substitute. Lay your tuna steak across a bed of Peas or Sunnies. Top your oysters with specialty varieties like Smokey Red Cabbage. Use a variety of microgreens underneath your stew instead of mashed potatoes for a low-carb shepherd's pie!

**Use your imagination!** There are many ways to eat them.

And if you need help with you're imagination, *don't worry: we'll give you plenty to think about.*

**[Let Silly Farmer Billy do all the work for you, find out at www.csamicrogreens.com](http://www.csamicrogreens.com)**

# Where do I get Microgreens?

Very few communities have access to Microgreens at all.

So you can grow them yourself, or *I could deliver them cold to your doorstep.*

Here's how you'd go about producing your own Microgreens:

1. Spread seeds on soil, densely.
2. Cover seeds during germination.
3. When roots have taken hold and shoots are well emerging, uncover and water.
4. Let grow under light until ready for harvest. Keep soil moist and plant canopy dry.
5. Cut Microgreens away from soil and root system.

*Natural sunlight* is always better than artificial light. Also, real soil is superior to hydroponic methods. **Make sure** to keep good airflow in your growing area, and keep temperatures moderate.

These steps are good to go if you want to get started, but I explain growing methods in more detail in my free live workshop, so definitely join us if you'd like more information.

I'll also go over the best way to get professional Microgreens so you can *save yourself a lot of work.*

[Learn about the best way to receive premium Microgreens, cold to your door](#)