

# Rich Farms Microgreens



## Red Radish

These are the superpower houses of the microgreen world! They are a rich source of vitamin A and Vitamin C. It also contains zinc, potassium, folate, manganese, copper, sodium, phosphorus, dietary fiber, niacin, riboflavin, vitamin B1 & B6, calcium, iron, magnesium and so much more. 1 cup of radish microgreens is equal to about 19 cups of full-grown radishes!

## Broccoli

Broccoli promotes many health benefits. These small light green delicate leaves detox, are packed with antioxidant, increases immune function, reduces cancer risk, protects against heart diseases, helps in the regulation of blood sugar and insulin dependence, protects against dementia, alleviates cardiovascular disease and alleviates inflammation.

## Red Cabbage

Red cabbage is a plant rich in nutrients that can protect your immune system and help to prevent several diseases. Packed with antioxidants, amino acids, and key vitamins. Highly concentrated Vitamin C in red cabbage microgreens helps to boost the immune system and protect you from common illnesses like cold and flu. People with high Vitamin C levels are also less at risk of developing eye disease and cardiovascular disease.

## Kohlrabi

The Kohlrabi is not short on healthy benefits! It is filled with nutrients such as vitamin C, anthocyanins, isothiocyanates, and glucosinolates. These are known to help with digestion, weight loss, vision and other health issues. Kohlrabi microgreens are also high in calcium, iron, and manganese which are beneficial when it comes to boosting bone strength.

## Kale

Kale is one of the most nutrient dense greens available. That's why people call it a Superfood. High in Vitamin A, Vitamin B6, Vitamin C, Vitamin E, and Vitamin K. A great source of Calcium, Copper, Manganese, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Amino Acids, Trace Elements, and Antioxidants. Scientific studies have shown that this combination of vitamins and minerals may have major health benefits if consumed daily.



### Amaranth

Amaranth was cultivated by Aztecs and other cultures from tropical climates it is very easy to digest. Amaranth contains high complete protein amounts with vital amino acids, in contrast with other protein sources. Amaranth is gluten-free. Amaranth microgreens also contains vitamin A, C, E, folate, iron, magnesium, phosphorus, potassium, dietary fiber, calcium, amino acids, antioxidants, minerals and essential lysine.

### Mizuna

Micro Mizuna is an excellent source of vitamin K to promote faster wound healing and is rich in vitamins A and C, antioxidants that reduce inflammation, protect the body against environmental aggressors, and boost the immune system. The greens also contain folate to help develop genetic material, iron to produce hemoglobin, a protein that transports oxygen through the blood, and lower amounts of phosphorus, zinc, calcium, and magnesium.

### Sunflower

Sunflower Microgreens have Vitamins A, B complex, D, and E, amino acids, copper, calcium, iron, magnesium, potassium, zinc and phosphorus. That's all the immune building, energy-pumping, bone-strengthening good stuff.

### Pea Tendrils

Peas are naturally high in protein and pea tendrils are no different. Beyond protein, 1 cup achieves 10% of your daily value of iron and has more vitamin C than ½ cup of strawberries! Peas microgreens are low fat but high everything else. They contain protein, fiber, omega-3 and micronutrients. Rich in folate, carbohydrates, vitamin A, C, E, B1, B2, B3, B6.

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