

***"Micro Greens are not just a garnish anymore."***

When a micro green is harvested the plant has the highest nutritional value, many times greater than the adult plant. The roots also have considerable nutritional value as well. Our unique process allows you to get the full nutritional value the plant has to offer.



1st Micro Greenery has developed a product that allows you to pull the entire plant from a cup, ready to eat, roots and all. If you prefer a more manicured look, simply cut the living plant at the base when you are ready to plate.

All the packaging can be composted or recycled. Because they are living plants they do not need to be refrigerated, they only need water to continue to grow.

### ***Why choose micro greens?***

Micro greens are harvested when the first set of leaves appear on seedlings of plants and herbs. At this stage, the plant has the highest nutritional value and contains all the flavor and nutrition that will be pushed into the adult plant. Imagine all of the flavor of the adult plant concentrated in this tiny new giant!

An abundance of health benefits comes from fresh eating micro greens with concentrated forms of antioxidants, vitamins and minerals

Packed with potassium, iron, zinc, and selenium, micro greens are a great source of beneficial plant compounds, up to 40 times higher than those found in the leaves of mature plants.

Only using the nutrients from the seed, these living plants are as pure and fresh as it gets.  
Let us grow some food for you.

### **1st Micro Greenery**

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Micro greens are young vegetable greens that contain 30 – 40 times more vitamins and nutrients than the adult plant.

Rich in flavor, they are a versatile addition to smoothies, salads, sandwiches or used as a garnish.

Our all organic, living plants are sold fresh in a cup and continue to grow. Just add water and enjoy fresh delicious greens packed with nutrition! Freshness is the one thing that you look for when buying produce.

We sell fresh living plants in a cup.



## Wheatgrass



Wheatgrass is one of nature's richest sources of vitamins A, C and E. It is rich in calcium, iron, phosphorus, potassium, sulfur, sodium, cobalt, zinc and vitamins B3 and B12.

Wheatgrass can be enjoyed as a "powershot" of nutrition when juiced into a concentrated drink. A natural detoxifier, wheatgrass helps your digestive system for overall health. Pets enjoy wheatgrass for its health benefits as well.



## Sunflower Shoots

Very crunchy and full of flavor, our sunflowers have intense amounts of selenium, which is a powerful antioxidant, complex B, C and E vitamins. They are a complete plant protein.



## Radish Micro Greens

Contain beneficial amounts of folate, vitamins B, C and E, as well as selenium. All included in a zesty peppery flash of flavor!



## Micro Cilantro

Contains vitamins A, B, C, E, and K, beta-carotene, calcium, iron, potassium, zinc, and phosphorus.

It has a sweet, bright citrusy aroma with a clean, bold, classic cilantro flavor. It is also most notably without the soapy taste that some say mature cilantro possesses.