

ARUGULA

MICROGREENS

Arugula Microgreens Shelf Life: 2 weeks
Ideal Storage Temperature: 32°
Practical Storage Temperature: 33°-40°



Arugula is considered one of the most useful superfoods. With a spicy, nutty and peppery flavor, use it to enhance the flavor of:

- Sandwiches
- Smoothies
- Salads
- Edible Garnish

The microgreen is also great for keeping your bones strong and healthy. It's a nutrition powerhouse and is a great source of many essential nutrients, vitamins, and minerals including:

- Folic Acid
- Magnesium
- Iron
- Calcium
- Copper
- Vitamins A, C, E and K



ARUGULA

MICROGREENS

PRODUCT SIZE

CLAMSHELL CASE

BULK PACKAGE

UPC Code	810028040007	810028040984
Case Pack	12 / 2 OZ	2 / 8 OZ
Box Size	15 x 13.375 x 6.62	16 x 8 x 5.81
Pallet TI/HI	81 Cases / 9 x 9	150 cases / 15 x 10
Country of Origin	United States	
Growing Standards	We grow our leafy greens, herbs and microgreens year round using a variety of hydroponic growing techniques. Our sustainable, greenhouse operation features compostable growing matter; recycling of water and nutrients; beneficial insects to combat pests and organic products to combat disease.	
Food Safety	We are a Global GAP (Good Agricultural Practices) Certified operation, adhering to the highest procedures for sustainability and GMP (Good Manufacturing Practices).	



BROCCOLI

MICROGREENS

Broccoli Microgreens Shelf Life: 2 weeks

Ideal Storage Temperature: 32°

Practical Storage Temperature: 33°–40°



Broccoli microgreens have a delicious mild, crunchy, dense, slightly bitter yet fresh cabbage flavor. Use it to enhance the flavor of:

- Sandwiches
- Salads
- Stir Fry
- Soups

This microgreen is rich in the compound sulforaphane, considered to have many health benefits due to its anti-cancer and anti-bacterial agents. It is also a great source of many essential nutrients, vitamins, and minerals including:

- Vitamin B6
- Iron
- Potassium
- Zinc



BROCCOLI

MICROGREENS

PRODUCT SIZE

CLAMSHELL CASE

BULK PACKAGE

UPC Code	810028040196	810028041004
Case Pack	12 / 2 OZ	2 / 8 OZ
Box Size	15 x 13.375 x 6.62	16 x 8 x 5.81
Pallet TI/HI	81 Cases / 9 x 9	150 cases / 15 x 10
Country of Origin	United States	
Growing Standards	We grow our leafy greens, herbs and microgreens year round using a variety of hydroponic growing techniques. Our sustainable, greenhouse operation features compostable growing matter; recycling of water and nutrients; beneficial insects to combat pests and organic products to combat disease.	
Food Safety	We are a Global GAP (Good Agricultural Practices) Certified operation, adhering to the highest procedures for sustainability and GMP (Good Manufacturing Practices).	



CHIVE MICROGREENS

Chive Microgreens Shelf Life: 2 weeks

Ideal Storage Temperature: 32°

Practical Storage Temperature: 33°-40°

Chive microgreens offer a light oniony flavor with a delicious hint of garlic. Add them to just about anything for great flavor, texture and color:

- Main Course
- Breakfast Dishes
- Stir Fry
- Soups

This microgreen powerhouse contains a compound called allicin that can improve heart health by lowering the amount of LDL cholesterol in your blood. They also have anti-inflammatory and antibacterial properties along with a host of nutrients including:

- Iron
- Vitamin A, B, C and E
- Calcium
- Magnesium
- Potassium
- Zinc



CHIVE

MICROGREENS

PRODUCT SIZE

CLAMSHELL CASE

BULK PACKAGE

UPC Code	810028041530	*available upon request
Case Pack	12 / 2 OZ	2 / 8 OZ
Box Size	15 x 13.375 x 6.62	16 x 8 x 5.81
Pallet TI/HI	81 Cases / 9 x 9	150 cases / 15 x 10
Country of Origin	United States	
Growing Standards	We grow our leafy greens, herbs and microgreens year round using a variety of hydroponic growing techniques. Our sustainable, greenhouse operation features compostable growing matter; recycling of water and nutrients; beneficial insects to combat pests and organic products to combat disease.	
Food Safety	We are a Global GAP (Good Agricultural Practices) Certified operation, adhering to the highest procedures for sustainability and GMP (Good Manufacturing Practices).	



CILANTRO

MICROGREENS

Cilantro Microgreens Shelf Life: 2 weeks
Ideal Storage Temperature: 32°
Practical Storage Temperature: 33°–40°

Cilantro microgreens bring a fresh, almost citrusy flavor to foods. Use it anytime you would use full-grown cilantro and more:

- Salsa
- Guacamole
- Stir Fry
- Fajitas

This microgreen can help balance your blood sugar levels and even helps remove heavy metals from your body. One of the most detoxifying plants, Cilantro microgreens contain lots of vitamin A and 3 times more beta-carotene than the fully grown equivalent.



CILANTRO

MICROGREENS

PRODUCT SIZE

CLAMSHELL CASE

BULK PACKAGE

UPC Code	810028041516	*available upon request
Case Pack	12 / 2 OZ	2 / 8 OZ
Box Size	15 x 13.375 x 6.62	16 x 8 x 5.81
Pallet TI/HI	81 Cases / 9 x 9	150 cases / 15 x 10
Country of Origin	United States	
Growing Standards	We grow our leafy greens, herbs and microgreens year round using a variety of hydroponic growing techniques. Our sustainable, greenhouse operation features compostable growing matter; recycling of water and nutrients; beneficial insects to combat pests and organic products to combat disease.	
Food Safety	We are a Global GAP (Good Agricultural Practices) Certified operation, adhering to the highest procedures for sustainability and GMP (Good Manufacturing Practices).	



FLORIDA CITRUS MICROGREENS

Florida Citrus Microgreens Shelf Life: 2 weeks
Ideal Storage Temperature: 32°
Practical Storage Temperature: 33°–40°

Florida Citrus microgreens bring a delightful and exotic addition to your culinary repertoire! These tiny greens, with their light, feathery appearance, offer a surprising burst of citrus flavor reminiscent of tangerines. Use them as a garnish and sprinkle over desserts or savory dishes for a vibrant touch, elevate your chicken or turkey dishes, or complement fish and seafood with their citrusy flair.

While specific data on Florida citrus microgreens is not readily available, we can infer that they share similar nutritional benefits with citrus microgreens, such as cilantro microgreens and likely offer vitamins A, C, and K, as well as calcium and iron.



FLORIDA CITRUS

MICROGREENS

PRODUCT SIZE	CLAMSHELL CASE	BULK PACKAGE
UPC Code		
Case Pack		2 / 4 OZ
Box Size		16 x 8 x 5.81
Pallet TI/HI	81 Cases	150 Cases / 15 x 10
Country of Origin	United States	
Growing Standards	We grow our leafy greens, herbs and microgreens year round using a variety of hydroponic growing techniques. Our sustainable, greenhouse operation features compostable growing matter; recycling of water and nutrients; beneficial insects to combat pests and organic products to combat disease.	
Food Safety	We are a Global GAP (Good Agricultural Practices) Certified operation, adhering to the highest procedures for sustainability and GMP (Good Manufacturing Practices).	



KALE

MICROGREENS

Kale Microgreens Shelf Life: 2 weeks
Ideal Storage Temperature: 32°
Practical Storage Temperature: 33°–40°



Kale microgreens have a delicious mild, sweet flavor similar to Brassicas. Use it to enhance the flavor of:

- Sandwiches
- Breakfast Dishes
- Salads
- Soups

This microgreen is among the most nutrient dense foods and can help keep your immune system healthy. It is also a great source of many essential nutrients, vitamins, and minerals including:

- Vitamins A, B, E, K
- Phosphorus
- Iron
- Selenium
- Potassium
- Manganese



KALE

MICROGREENS

PRODUCT SIZE

CLAMSHELL CASE

BULK PACKAGE

UPC Code	810028040182	810028041028
Case Pack	12 / 2 OZ	2 / 8 OZ
Box Size	15 x 13.375 x 6.62	16 x 8 x 5.81
Pallet TI/HI	81 Cases / 9 x 9	150 cases / 15 x 10
Country of Origin	United States	
Growing Standards	We grow our leafy greens, herbs and microgreens year round using a variety of hydroponic growing techniques. Our sustainable, greenhouse operation features compostable growing matter; recycling of water and nutrients; beneficial insects to combat pests and organic products to combat disease.	
Food Safety	We are a Global GAP (Good Agricultural Practices) Certified operation, adhering to the highest procedures for sustainability and GMP (Good Manufacturing Practices).	



KOHLRABI MICROGREENS

Kohlrabi Microgreens Shelf Life: 2 weeks
Ideal Storage Temperature: 32°
Practical Storage Temperature: 33°-40°



Kohlrabi microgreens have a flavor similar to turnips, only sweeter. They can also be described as having a sweet broccoli taste. They make a great compliment to any dish. Try them with:

- Sandwiches
- Breakfast Dishes
- Salads
- Smoothies

This microgreen contains a wide array of antioxidants that may help protect against cancers. They also contain a wide variety of vitamins and minerals:

- Vitamin C
- Vitamin B-6
- Sulforaphane
- Thiamin
- Niacin
- Pantothenic Acid



KOHLRABI

MICROGREENS

PRODUCT SIZE	CLAMSHELL CASE	BULK PACKAGE
UPC Code	810028040175	810028041035
Case Pack	12 / 2 OZ	2 / 8 OZ
Box Size	15 x 13.375 x 6.62	16 x 8 x 5.81
Pallet TI/HI	81 Cases / 9 x 9	150 cases / 15 x 10
Country of Origin	United States	
Growing Standards	We grow our leafy greens, herbs and microgreens year round using a variety of hydroponic growing techniques. Our sustainable, greenhouse operation features compostable growing matter; recycling of water and nutrients; beneficial insects to combat pests and organic products to combat disease.	
Food Safety	We are a Global GAP (Good Agricultural Practices) Certified operation, adhering to the highest procedures for sustainability and GMP (Good Manufacturing Practices).	



MUSTARD

MICROGREENS

Mustard microgreens offer a spicy, tender, horseradish flavor. Add them to just about anything for great flavor, texture and color:

- Main Course
- Salads
- Stir Fry
- Soups

This microgreen contains high levels of antioxidants, are high in fiber, and can help detoxify your liver and blood. It is one of the most nutrient-dense and beneficial foods and is packed full of vitamins, minerals and nutrients including:

- Folate
- Vitamin A, C, K, E & B6
- Calcium
- Manganese
- Potassium
- Copper

Mustard Microgreens Shelf Life: 3-4 weeks

Ideal Storage Temperature: 32°

Practical Storage Temperature: 33°-40°



MUSTARD

MICROGREENS

PRODUCT SIZE	CLAMSHELL CASE	BULK PACKAGE
UPC Code	810028040632	810028041073
Case Pack	12 / 2 OZ	2 / 8 OZ
Box Size	15 x 13.375 x 6.62	16 x 8 x 5.81
Pallet TI/HI	81 Cases / 9 x 9	150 cases / 15 x 10
Country of Origin	United States	
Growing Standards	We grow our leafy greens, herbs and microgreens year round using a variety of hydroponic growing techniques. Our sustainable, greenhouse operation features compostable growing matter; recycling of water and nutrients; beneficial insects to combat pests and organic products to combat disease.	
Food Safety	We are a Global GAP (Good Agricultural Practices) Certified operation, adhering to the highest procedures for sustainability and GMP (Good Manufacturing Practices).	



RAINBOW

MICROGREENS



Rainbow microgreens offer a flavorful combination of kale, kohlrabi and red cabbage with a mild brassica flavor but with a touch of heat from the cabbage. They make a great compliment to any dish:

- Sandwiches
- Salads
- Stir Fry
- Soups

This blend is like your multivitamin in food form. The cabbage in this blend offers up to 69 times more vitamins C, E and K than in the mature plant. It is also packed with many other beneficial nutrients including:

- Fiber
- Betacarotene
- Calcium
- Magnesium
- Potassium
- Iodine



Rainbow Microgreens Shelf Life: 2 weeks
Ideal Storage Temperature: 32°
Practical Storage Temperature: 33°-40°



RAINBOW

MICROGREENS

PRODUCT SIZE

CLAMSHELL CASE

BULK PACKAGE

UPC Code	810028040359	810028041288
Case Pack	12 / 2 OZ	2 / 8 OZ
Box Size	15 x 13.375 x 6.62	16 x 8 x 5.81
Pallet TI/Hi	81 Cases / 9 x 9	150 cases / 15 x 10
Country of Origin	United States	
Growing Standards	We grow our leafy greens, herbs and microgreens year round using a variety of hydroponic growing techniques. Our sustainable, greenhouse operation features compostable growing matter; recycling of water and nutrients; beneficial insects to combat pests and organic products to combat disease.	
Food Safety	We are a Global GAP (Good Agricultural Practices) Certified operation, adhering to the highest procedures for sustainability and GMP (Good Manufacturing Practices).	



SORREL

MICROGREENS

Sorrel Microgreens Shelf Life: 2 weeks
Ideal Storage Temperature: 32°
Practical Storage Temperature: 33°–40°



Sorrel microgreens are young, tender leaves harvested from sorrel plants at early growth stages. These microgreens have bright green leaves and a tangy and citrusy and tart apple flavor. Unlike mature sorrel, these microgreens are less sour, making them suitable for those who don't enjoy overly tart foods. Add them to:

- Sandwiches
- Salads
- Garnish
- Soups

This microgreen contains high levels of antioxidants that protect against free radicals and is packed full of fiber, vitamins, minerals and nutrients including:

- Flavinoids
- Vitamin A & C
- Polyphenols
- Magnesium
- Iron
- Copper



SORREL

MICROGREENS

PRODUCT SIZE

CLAMSHELL CASE

BULK PACKAGE

UPC Code	810028041547	
Case Pack	12 / 2 OZ	2 / 4 OZ
Box Size	15 x 13.375 x 6.62	16 x 8 x 5.81
Pallet TI/HI	81 Cases / 9 x 9	150 cases / 15 x 10
Country of Origin	United States	
Growing Standards	We grow our leafy greens, herbs and microgreens year round using a variety of hydroponic growing techniques. Our sustainable, greenhouse operation features compostable growing matter; recycling of water and nutrients; beneficial insects to combat pests and organic products to combat disease.	
Food Safety	We are a Global GAP (Good Agricultural Practices) Certified operation, adhering to the highest procedures for sustainability and GMP (Good Manufacturing Practices).	

