

Zero-waste microgreens

Produce offering



Our microgreens are zero-waste, natural, sustainable, local, nutrient rich and still alive when delivered! We use non-treated seeds that are free of all sprays and chemicals.

Invoices are emailed, we've gone paperless!
We recycle our trays so please hold onto them until your next delivery to keep them out of landfill!

Prices are inclusive of GST. We accept credit cards.
Cash on delivery: **10% Discount** on order. Paid within 2 days: **5% Discount** on next invoice.

Produce offering	Price per tray	Nutrient profile
Red Amaranth	\$ 29.00	Contains vitamin A, C, E, folate, iron, magnesium, phosphorus, potassium, dietary fiber, calcium, amino acids, antioxidants, minerals and lysine.
Alfalfa	\$ 21.00	Alfalfa has protein and vitamin A, B1, B6, C, E and K. It also contains calcium, potassium, carotene, iron, and zinc. Alfalfa is rich in vitamins, minerals and other nutrients that play a vital role in the strength and growth of our bones and in the maintenance of a healthy body
Sprouting Broccoli	\$ 28.00	Contains twice as much vitamin C as spinach, as well as antioxidants, anticancer compounds (sulforaphane) and vitamin A—which promotes healthy skin, maintains healthy bones and teeth.
Red Russian Kale	\$ 27.00	An excellent source of vitamin C, A, iron, calcium, magnesium, potassium, protein, carbohydrates and dietary fiber. 1/2 a cup of kale contains about 18 calories.
Green Mizuna Mustard	\$ 28.00	Good source of vitamin A, C, E, proteins, dietary fiber, folate, niacin, riboflavin, thiamin, sodium, potassium, calcium, copper, iron, magnesium, manganese and zinc.
Snow Pea Tendrils	\$ 21.00	Peas microgreens are low fat but high everything else. They contain protein, fiber, omega-3 and micro-nutrients. Rich in folate, carbohydrates, vitamin A, C, E, B1, B2, B3 and B6.
Purple Sango Radish	\$ 26.00	An excellent source of folate, with 100 grams of radish microgreens delivering almost a 1/4 of the daily intake of folate. They also contain plenty of vitamin B6!
Sunflower Shoots	\$ 21.00	Sunflower shoots provide a significant amount of vitamin B, vitamin E, zinc, potassium and magnesium. They also contain chlorophyll, potassium and magnesium. Sunflower shoots are made up of twenty to twenty-five percent protein!

