



# MICROGREENS



Regenerative  
Organic  
Certified®

SILVER



**NUTRIENT DENSE, BURSTING WITH  
FLAVOR, REGENERATIVELY GROWN IN  
ORGANIC SOIL BY HUMANS!**

# WHAT ARE MICROGREENS?

**MICROGREENS ARE SMALL PLANTS THAT ARE HARVESTED WHEN THEY ARE JUST A FEW INCHES TALL, MAKING THEM PACKED WITH NUTRIENTS LIKE VITAMINS, MINERALS, AND ANTIOXIDANTS. THEY COME IN A VARIETY OF FLAVORS AND TEXTURES, MAKING THEM A VERSATILE INGREDIENT FOR SALADS, SANDWICHES, SMOOTHIES.**

## BENEFITS OF MICROGREENS:

**HIGH IN NUTRIENTS: OUR MICROGREENS ARE DENSELY PACKED WITH VITAMINS AND MINERALS, SUCH AS VITAMIN C, VITAMIN K, AND BETA-CAROTENE.**

**RICH IN ANTIOXIDANTS: MICROGREENS ARE ALSO HIGH IN ANTIOXIDANTS, WHICH HELPS PROTECT AGAINST CELLULAR DAMAGE AND OXIDATIVE STRESS.**

**BURSTING WITH FLAVOR: A WIDE RANGE OF FLAVORS AND TEXTURES THAT CAN TAKE YOUR MEALS TO THE NEXT LEVEL.**

**ANTI-INFLAMMATORY: STUDIES HAVE SHOWN THAT MICROGREENS HAVE ANTI-INFLAMMATORY PROPERTIES, MAKING THEM A GREAT ADDITION TO A HEALTHY DIET.**

**BEYOND ORGANIC: OUR MICROGREENS ARE BOTH REGENERATIVE ORGANIC AND USDA ORGANIC CERTIFIED. REGENERATIVE ORGANIC FARMING PRIORITIZES SOIL HEALTH, ANIMAL WELFARE, AND SOCIAL FAIRNESS.**



# VARIETIES OF MICROGREENS:

AT POCONO ORGANICS, WE OFFER A WIDE RANGE OF MICROGREENS, INCLUDING:

## **BROCCOLI - SUNFLOWER - RADISH - HEMP**

**BROCCOLI**: MILD FLAVOR AND TENDER TEXTURE. THEY ARE A GREAT ADDITION TO SALADS, SANDWICHES, AND SMOOTHIES, AND CAN ALSO BE USED AS A GARNISH FOR SOUPS OR ROASTED VEGETABLES.

**RADISH**: SPICY, PEPPERY FLAVOR, RADISH MICROGREENS ADD A BOLD KICK TO ANY DISH. THEY PAIR WELL WITH SANDWICHES, TACOS, AND EVEN SUSHI ROLLS.

**SUNFLOWER**: NUTTY AND SLIGHTLY SWEET FLAVOR THAT PAIRS WELL WITH SANDWICHES, WRAPS, OR AS A TOPPING FOR AVOCADO TOAST OR SMOOTHIE BOWLS. THEY ARE ALSO GREAT IN SALADS OR AS A GARNISH FOR SOUPS

**HEMP**: MILD, NUTTY FLAVOR REMINISCENT OF HEMP SEEDS, HEMP MICROGREENS ADD A DELIGHTFUL CRUNCH AND DEPTH TO A VARIETY OF DISHES. WHETHER SPRINKLED ATOP SALADS, SANDWICHES, OR SOUPS, OR INCORPORATED INTO SMOOTHIES AND JUICES, HEMP MICROGREENS PROVIDE A NUTRITIOUS AND FLAVORFUL ENHANCEMENT TO CULINARY CREATIONS.



**PACKAGED IN 2 OZ CLAMSHELLS  
12PK CASE**