



## Why Grow and Eat Microgreens?

Microgreens are young seedlings of vegetables and herbs harvested just after the first true leaves develop. They are small in size but **concentrated in nutrients**, flavors, and health benefits. They're also:

- Quick to grow (7–14 days)
  - Ideal for indoor farming
  - Require minimal space and resources
  - Versatile for culinary use
  - Rich in antioxidants, vitamins, and minerals
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### Broccoli Microgreens

#### Nutritional Highlights:

- High in sulforaphane, a powerful antioxidant
- Rich in vitamins A, C, E, K
- Contains calcium, iron, magnesium, and phosphorus

#### Health Benefits:

- Supports detoxification
- Reduces inflammation
- Protects against oxidative stress
- Promotes heart and liver health
- May reduce cancer risk due to high glucoraphanin content



### **Why Grow It?**

- Quick turnaround: 7–10 days
  - High yield and strong germination rate
  - Popular with chefs and consumers
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## **Cilantro Microgreens**

### **Nutritional Highlights:**

- Good source of vitamins A, C, K
- Contains potassium, calcium, and carotenoids

### **Health Benefits:**

- Supports digestion and gut health
- Anti-inflammatory and antimicrobial
- May help lower blood sugar levels
- Provides heavy metal detoxification properties

### **Why Grow It?**

- Adds a burst of flavor to dishes
  - Attractive, aromatic, and colorful
  - Slightly longer to grow (~14 days), but high in culinary value
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## Radish Microgreens

### Nutritional Highlights:

- High in vitamins A, B, C, E, and K
- Rich in calcium, iron, magnesium, potassium, and zinc

### Health Benefits:

- Boosts immunity
- Aids digestion
- Supports skin and eye health
- Strong anti-inflammatory effects

### Why Grow It?

- Fastest growing (ready in 6–10 days)
  - Spicy, crisp taste adds value to dishes
  - Visually striking with red stems and green leaves
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## Kale Microgreens

### Nutritional Highlights:

- Rich in vitamins A, C, K, and B6
- High in lutein, zeaxanthin, and calcium



### Health Benefits:

- Promotes eye health
- Strengthens bones and teeth
- Supports immune and cardiovascular systems
- Detoxifying and anti-carcinogenic

### Why Grow It?

- Slightly longer growth period (~10–14 days)
- Mild, earthy flavor appeals to many palates
- Dense foliage makes it ideal for market sales

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## BLOOM's Microgreen Advantage

At BLOOM, our microgreens are:

- **Grown without pesticides or harmful chemicals** – ensuring a safer, cleaner product for consumption.
- **100% organic and natural** – from seed to harvest, every step supports environmental health and human well-being.
- **Locally grown** – right in the heart of the community, reducing the carbon footprint and increasing freshness.
- **Sustainably cultivated** – using minimal water, renewable resources, and small indoor spaces, making it environmentally responsible.
- **Empowering** – grown by young adults with special needs, fostering independence, skill-building, and meaningful employment.