



The MicroMenu

MICROGREEN FACTS
WHAT WE GROW
THE GIANT HEALTH BENEFITS
NUTRIENT VALUE
RECIPES & MORE!

MG

MICROGIANTS.CO

COMMUNITY-BASED FARM OF THE FUTURE

LOCALLY GROWN MICROGREENS DELIVERED RIGHT TO YOUR DOOR.

Scan to order >>



We've been told our whole lives to eat our greens. Problem is most greens taste like dying grass. But what if eating greens was something we were actually excited about? And what if we could immediately feel so much better?

Enter, microgreens.

With **9x more nutrients than spinach** and way more **variety, flavor, and texture**, our greens are helping people up their nutrition, make tastier meals, heal their guts, and support local all at the same time.



The FARM

MicroGiants microgreens are the 2 week old shoots of vegetable plants. They're organically grown on vertical racks indoors and all year round. The only ingredients are **seeds, soil, water,** and **light.**

Because we're indoors there are no pests so no need for pesticides or chemicals of any kind.

Our greens may literally be the **healthiest food on the planet.**

Trust us—you will **feel the difference.**

WHAT WE GROW

Sunflower

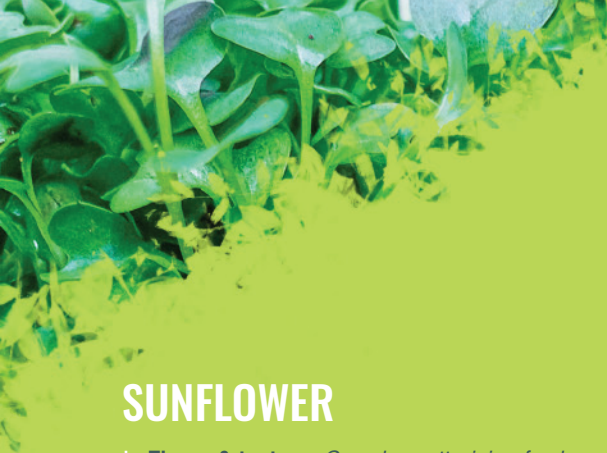
Broccoli

Spicy Salad Mix

Pea Shoots

Wheatgrass

Radish



PEA SHOOTS

Flavor & texture: Sweet, fresh, crunchy, succulent.

Nutrients: A, C, E, B1, B2, B3, B6, protein, fiber, omega-3 and micronutrients.

Ideal for salads, sandwiches, burgers, wraps, snacks.

SUNFLOWER

Flavor & texture: Crunchy, nutty, juicy, fresh.

Nutrients: Protein, Calcium, Iron, Potassium, Phosphorus, Magnesium, Vitamin A, C, B-Complex.

Ideal for smoothies, salads, sandwiches, burgers, wraps, as a bed for fish, eggs, or meats.

RADISH

Flavor & texture: Spicy & floral with a hint of sweetness, crunchy, succulent.

Nutrients: Vitamins A, B, C, E, & K, folic acid, niacin, potassium, iron, phosphorus, pantothenic acid, calcium, magnesium, zinc, carotenes.

Ideal for tacos, chili, wraps, stir fry, burgers, eggs.

SPICY SALAD MIX

Contains Broccoli, Arugula, Kale, Red Acre Cabbage, Purple Vienna Kohlrabi & Southern Giant Mustard.

Flavor & texture: Crunchy, nutty, fresh with a little kick.

Nutrients: Vitamins A, C, K, E, beta-carotenes, potassium, fiber, antioxidants, copper, calcium, iron, phosphorus, sulforaphane.

Ideal for salads, sandwiches, burgers, wraps, as a bed for fish, eggs, or meats.

WHEATGRASS

Flavor & texture: Sweet with a bitter aftertaste.

Nutrients: Potassium, dietary fiber, vitamin A, C, E, K, thiamin, riboflavin, niacin, vitamin B6, pantothenic acid, iron, zinc, copper, manganese, and selenium. It is also a good source of protein.

Ideal for juicing in a masticating juicer and adding to juices and smoothies.

BROCCOLI

Flavor & texture: Fresh, mild broccoli or cabbage flavor, soft.

Nutrients: Vitamins A and C, calcium, iron, and phosphorus, great source of sulforaphane.

Ideal for smoothies, salads, sandwiches, burgers, wraps, as a bed for fish, eggs, or meats.





MICRO PLANTS

giant

BENEFITS



LOWER INFLAMMATION IN YOUR BODY

Thanks to a compound called S-Methylmethionine, microgreens reduce inflammation and also aid gut health.

REDUCES YOUR CHRONIC DISEASE RISK

Microgreens are filled with vitamins and minerals providing protection against cancers and cardiovascular disease. Sulforaphane in particular has a ton of antioxidant properties including the ability to prevent cancer, encourage fat loss, improve cardiovascular health, and reduce inflammation.

BOOST YOUR IMMUNE SYSTEM

Vitamin C and E contribute to a healthy immune system, ability to heal, and strong blood vessels.

IMPROVE YOUR GUT HEALTH

Microgreens are filled with trace minerals like Zinc, Potassium, Iron, Copper, and Magnesium. You need these trace minerals to help your gut absorb nutrients. Without them you can eat all the healthy foods in the world but not be able to absorb their benefits.

HELP YOU GET TO A HEALTHY WEIGHT

Researchers from the University of Maryland conducted a nutrient study on 25 types of the common microgreens. The results showed up to 40x more nutrients per gram than their mature counterparts. Microgreens are BIG in nutrients and tiny in calories, making them great for helping your body stay satiated.



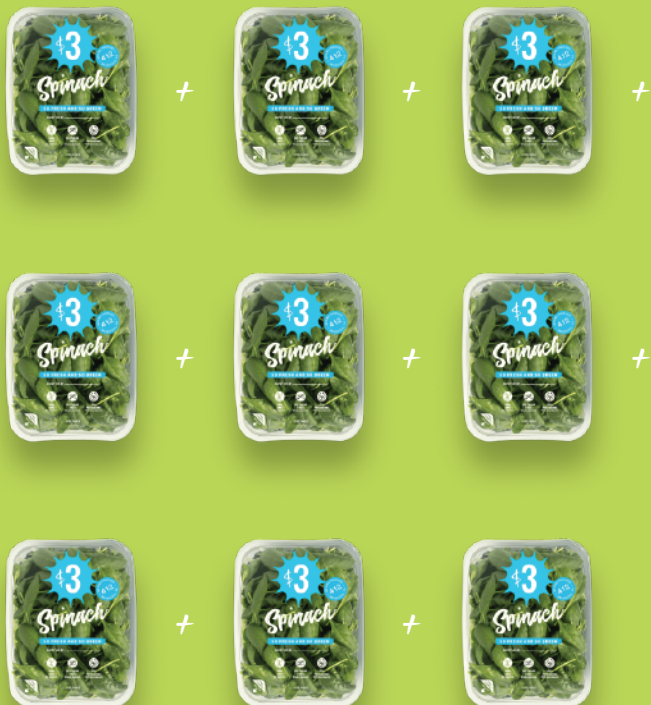


9X

More **NUTRIENTS**
THAN *spinach*

ONE 20 DOLLAR BOX OF MICROGIANTS IS THE NUTRIENT EQUIVELANT OF NINE 3 DOLLAR BOXES OF SPINACH

We'll let you do the math...
*Hint MicroGiants are a better deal...
plus it tastes better.



||



The MICROGIANT SANDWICH



PREP TIME: 10 MINUTES

SERVES: 1

Ingredients:

*2 Slices Wheat Bread
1 Tbsp hummus
1/2 Small Avocado, sliced
1/4 Cucumber, sliced
1 Roma Tomato, sliced
1 Cup MicroGiants microgreens*

Directions:

- *Toast slices of wheat bread.*
- *Spread hummus on slices of wheat bread. Add sliced avocado, cucumber, and tomato.*
- *Add MicroGiants microgreens, then top with other slice of bread and enjoy your face off.*



The LIMEGREENS SMOOTHIE



PREP TIME: 10 MINUTES

SERVES: 2-4

Ingredients:

2 Cups Water
1 Cup Pea Shoots
1 Cup of Sunflower
MicroGiants microgreens
1 Tbsp Chia Seeds
1 Tbsp Flaxseed
1 Tbsp Hemp Seed
10 Cranks of Salt
1/2 Avocado
1/2 Lime
1 Apple, Sliced
3 Dates, Pitted
Dash of Turmeric
Dash of Cinnamon

Directions:

Blend for 1 minute or until smooth.

Optional ingredients:

- Swap apple for other fruit, blueberries, mango, bananas
- Add fresh ginger for a little kick
- Add a handful of broccoli shoots for extra nutrients

SCAN QR CODE BELOW
TO GET YOU SOME GREENS!

[MICROGIANTS.CO](https://microgiants.co)

VARIETY PACK



GROWN IN COLUMBUS, OHIO

INSTAGRAM/FACEBOOK @MICROGIANTS.CO

[MICROGIANTS.CO](https://microgiants.co)