

Backyard Produce LLC

MicroGreens Nutritional Information

All greens are an excellent source of:

Vitamin A	Important for the formation of bones and teeth, is necessary for new cell growth, guards against heart disease and stroke, and lowers cholesterol levels.
Vitamin B	Helps to maintain the health of the liver, eyes, skin, and hair.
Vitamin C	An antioxidant that is required for at least 300 metabolic functions in the body, including tissue growth and repair, adrenal gland function, and healthy gums.
Vitamin E	An antioxidant that improves circulation, is necessary for tissue repair, promotes normal blood clotting, and reduces blood pressure.
Vitamin K	Necessary for blood clotting, and essential for bone formation and repair.
Insoluble Fiber	Facilitates the removal of colon waste, and helps keep an optimal pH in the intestines to prevent the production of cancerous substances.
Beta-Carotene	Powerful antioxidant functions, helps limit damage to cell membranes, and associated with decrease risk of cardio-vascular disease.
Iron	Promotes the oxygenation of red blood cells, important for growth, and required for a healthy immune system and energy production.
Calcium	Vital for the formation of strong bones and teeth, and for the maintenance of healthy gums and regular heartbeat. Needed for muscular growth, it lowers cholesterol and helps prevent cardiovascular disease.
Potassium	Import for a healthy nervous system and regular heart rhythm, aids in proper muscle contraction, and works with sodium to control the body's water balance.
Magnesium	Assists in calcium and potassium uptake, necessary to prevent the calcification of soft tissue, and protects arterial linings from stress caused by blood pressure changes.
Folate	Needed for energy production and the formation of red blood cells, aids in the proper formation of white blood cells, and is important for healthy cell division and replication.
Chlorophyll	Assists in red cell production, increasing oxygen utilization, helps to cleanse the body and promote the health of circulatory, immune, digestive, and detoxification systems.
Arugula	An excellent source of Vitamins A & C, Folic Acid, Calcium, Manganese, & Magnesium, and a very good source of Potassium, Iron, Riboflavin, & Copper.
Beets	A good source of Phosphorus, Magnesium, Iron, and Vitamin B6. Beet greens contain larger amounts of nutrients than found in beet roots. The greens are richer in Iron, Calcium, and Vitamins A & C.
Broccoli	An excellent source of Vitamins A, C, & K, Folic Acid, & Fiber, and a good source of Potassium, Phosphorus, Magnesium, & Vitamins B6 & E.
Kale	An excellent source of Vitamins B6 & C, Carotenes, & Manganese. A very good source of Vitamins B1, B2, & E, Fiber, Iron, Copper, & Calcium.
Kohlrabi	A good source of Thiamin, Folate, Magnesium, and Phosphorus, and a very good source of dietary fiber, Vitamins C, & B6, Potassium, Copper, and Manganese.
Mizuna	An excellent source of Vitamin C, Iron, and Folate, and a very good source of the antioxidants glucosinolates.
Mustard	An excellent source of Vitamins B6, C, & E, Folic Acid, Calcium, Carotenes, Manganese, Copper, & Fiber, and a very good source of Phosphorus, Vitamins B1 & B2, Magnesium, Protein, Potassium, & Iron.
Onion	A very good source of Vitamins B1, B6, C, & K, Chromium, Biotin, Fiber, & Folic Acid.
Peas	An excellent source of Protein, B Vitamins, Magnesium, Phosphorus, Manganese, Iron, and Potassium.
Radish	An excellent source of Vitamin C, and a very good source of Calcium. Radish greens contain a higher nutrient content than the roots.
Sunflower	A rich source of Potassium, low in Sodium, helps to promote low blood pressure.