

Backyard Produce micro-greens include:

Arugula – An excellent source of vitamins a & c, folic acid, calcium, manganese, & magnesium. A very good source of potassium, iron, riboflavin, & copper. Arugula contains glucosinolates, detoxifying anticancer compounds. Also provides important phytochemicals such as carotenes & chlorophyll.

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 – One of the most nutrient dense foods, an excellent source of vitamins a, c, & k, folic acid, & fiber. A good source of potassium, phosphorus, magnesium, & vitamins b6 & e. also contains the carotenoid lutein, glucosinolates, & phytochemicals that have tremendous anticancer effects especially in breast & prostate cancer. Increases the detoxifying ability of the liver and decreases the growth of human papillomavirus a virus linked to cervical cancer.

Cilantro – Considered an aid to the digestive system, it is an appetite stimulant and is considered to have cholesterol lowering properties.

Kale – An excellent source of vitamins b6 & c, carotenes, & manganese. A very good source of vitamins b1, b2, & e, fiber, iron, copper, & calcium.

Mustard – An excellent source of vitamins b6, c, & e, folic acid, calcium, carotenes, manganese, copper, & fiber. A very good source of phosphorus, vitamins b1 & b2, magnesium, protein, potassium, & iron. With a high content of antioxidant compounds including vitamins c & e, carotenes, & glucosinolates, they are beneficial for menopause & protect against breast cancer & heart disease.

Peas – A good source of protein, b vitamins, magnesium, phosphorus, manganese, iron, & potassium.

Radish – Contains 6 times the vitamin c content of their root & a good source of calcium. Contains cancer-protective properties and used as a medicinal food for liver disorders. Contains a variety of sulfur-based chemicals that increase the flow of bile therefore, they help to maintain a healthy gallbladder & liver, and improve digestion.