



At **Daily Nourish**, we grow nutritious, vibrant, zesty microgreens right here in Brant county. Harvested within 24 hours of delivery, our greens are bursting with flavour and nutrients – perfect for your family meals & kids go-to-snacks!

HOW WE ROLL...

- 🌱 We grow-to-order: helps keep our cost low, we can keep your cost down!
- 🌱 Our microgreens have a 10-14 days shelf life, with shoots even longer!



What are Microgreens? Why should you eat?

Microgreens are the young, tender shoots of vegetables and herbs harvested at their nutritional peak.

- ✓ Up to **40x more nutrients** than mature greens
- ✓ 1 handful = a power shot of **vitamins, minerals, antioxidants**
- ✓ Ready to eat: just rinse, toss, top, or blend
- ✓ **No Pesticides**, non-GMO, organic seeds



Sunflower

Nutty, Earthy, Crunchy

High in Zinc—boosts Fertility, High in Folate, Composed of 25% protein, Helps in Chest congestion



Pea Shoots

Sweet pea flavour, kids favorite

1 cup=35% daily Vit.C, 4x Vit.A than tomatoes, High in Protein, Cleanse body, called a “living multivitamin”



Broccoli

Mild, Crunchy, Loaded with nutrition

50x more nutrition than a head of broccoli, Helps with asthma, Balances hormone



Radish

Spicy, Peppery, Pungent flavour

Anti-inflammatory, Helps lower blood pressure, Improves digestion



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