



MICRO GREENS . MICRO GRÜNEN . MICRO VERTS . МИКРО ЗЕЛЕНЬ



[EN] Micro greens are tiny plants full of flavor and nutrition. Microgreens are smaller and more tender than baby lettuce, yet more robust and flavorful than spouts. Micro greens are delicious and ideal for salads, main dishes, soups, as well as garnish. The intense flavor and vivid color add dynamism to any dish. They are considered "functional foods". In addition to their high nutritional values, Functional foods are known to have disease-preventing properties and health-improving properties as well.

[DE] Micro Grüns sind winzige Pflanzen voller Geschmack und Ernährung. Microgreens sind kleiner und zarter als Baby-Salat, noch robuster und geschmacklich als Tüllen. Micro Grüns sind lecker und ideal für Salate, Hauptgerichte, Suppen, sowie garnieren. Der intensive Geschmack und lebendige Farben hinzuzufügen Dynamik zu jedem Gericht. Sie gelten als "funktionelle Lebensmittel". Zusätzlich zu ihrer hohen Nährwert, sind Funktionelle Lebensmittel bekannt, krankheitsvorbeugende Eigenschaften und gesundheitsfördernde Eigenschaften haben.

[FR] Micro verts sont des plantes minuscules pleines de saveur et de la nutrition. Microgreens sont plus petits et plus tendre que la laitue de bébé, encore plus robuste et plus savoureux que les becs. Micro verts sont délicieux et idéal pour les salades, plats principaux, soupes, ainsi que la garniture. La saveur intense et des couleurs vives ajoutent dynamisme à n'importe quel plat. Ils sont considérés comme des «aliments fonctionnels». En plus de leurs valeurs nutritionnelles élevées, les aliments fonctionnels sont connus pour avoir des propriétés de la maladie de prévention et les propriétés de la santé d'améliorer ainsi.

[RU] Микро зелень - крошечные растения полные аромата и свежести. Микро листья меньше и нежнее, чем бэби салаты. Микрозелень очень вкусная и идеально подходит для салатов, основных блюд, супов, а также используется как гарнир. Интенсивный вкус и яркий цвет добавляют изюминку к любому блюду. Они считаются "функциональными продуктами питания". В дополнение к своей высокой питательной ценности, функциональные продукты, как известно, обладают оздоровительными свойствами, предотвращающими различные заболевания.

ASSORTMENT & SPECIFICATIONS



Basil

Produces rich dark green leaves and a basil fragrance with a concentrated sweet flavor. Perfect for making a caprese salad with fresh tomatoes and mozzarella, soups and much more. Contains large amounts of (E)-beta-caryophyllene (BCP), which have a use in treating inflammatory bowel diseases and arthritis. Rich in Vitamins A, K and C.



Bean Sprouts

A mix of super rich & nutritious sprouts; Adzuki, Mung, Lentil & Chick peas. They are very delicious raw and cooked, a good source of enzymes which is needed by our body. These enzymes can increase the body's energy and make us feel fit and healthy. The sprouts contain much oxygen. It can increase blood flow in the body, kills bacteria, boost the immune system, and others. In addition contain vitamins B, C, B1, B6, K and A.



Beet Bulls Blood

Beautiful red vines & green color, fresh and crunchy flavor. High in carbohydrates, fiber, protein, folic acid, vitamin A, potassium, and vitamin C. Beautiful for decorating any dish such as salads & gourmet dishes.



Broccoli

A mild & fresh taste, very good for health diets. With a very high nutrient value such as Vitamins A, B, C, E and K Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Trace Elements, Amino Acids & Antioxidants. Perfect for salads, sandwiches & soups.



Coriander

Unique flavor of coriander presented in frilly, dancing leaves with a few seed shells for added impact. Coriander microleaves are the richest in terms of lutein and beta-carotene. Rich in Vitamins A ,B, C and E.



Green Pac Choy (Tatsoi)

Pak choy (tatsoi) is a Chinese leafy cabbage. It has been grown in China for over six thousand years and in Chinese its name means "white vegetable". It's fresh taste of cabbage and mustard suits soups, salads and pairs well with sushi. It is one of the most nutrient-dense foods in the world, and it is uniquely beneficial for its calcium and high levels of vitamin c, iron and magnesium.



Mizuna

A micro-green type of rape plant with edible leaves (Japanese). It is an Asian Mustard, but it is more mild in flavor compared to most other mustards. Crunchy in texture, bursting with water (which it is named after) . Mizuna is best eaten raw in salad, or as an accompaniment to seafood, which benefits from its slightly bitter flavor. Its slender and straight stalks are white and crunchy and high in vitamin A and iron.



Mustard

A rather delicate with a magnificent purple-red-green colored leaves. Delivers a strong spicy mustard flavor. Goes well with cold beef dishes or salads for a unique flavour. Contains High levels of Vitamin A, B, C, E and K Calcium, Iron, Magnesium Antioxidants and more.



Pea Shoots

Young and tender greens with a beautiful sweet flavor of fresh peas. Perfect for garnishing any dish with a special look of tendril & leaves. Peas are an excellent source of vitamin a, b AND c, folic acid and carotenoids such as beta-carotene.



Pepper Cress (Garden Rocket)

Peppercress is the essence of spicy flavor in beautiful dark green, delicate leaves. Similar to watercress but with a unique oval shape. Intense and spicy pepper flavor similar to water cress in flavor. Rich in Vitamins A, B, C, E and high folic acid levels.



Red Amaranth

Brilliant magenta color, elegant form, and neutral flavor. An opulent red micro-green with a mild beetroot like flavour; adds stunning color to dishes. Amaranth is ideal with grilled fish and seafood. contains High levels of Vitamin C, vitamin K, and vitamin E.



Red Basil

Red and purple color leaves with a peppery and spicy flavours of basil fragrance. The intense flavour means it is excellent for making red pesto, goes well with Thai curries, salads, cheese, beef and seafood. Rich in Vitamins A, K and C.



Red Mizuna

Red Mizuna is another great cool-weather garden plant. It is an Asian Mustard, but it is more mild in flavor compared to most other mustards. Crunchy in texture, bursting with water (which it is named after). Red Mizuna is best eaten raw in salad, or as an accompaniment to seafood, which benefits from its slightly bitter flavor. Its slender and straight stalks are white and crunchy and high in vitamin A and iron.



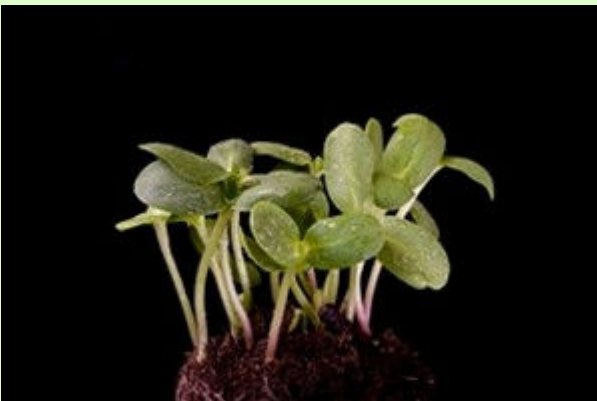
Rocket

These heart shaped leaves have a peppery and nutty taste. Salad rocket is fantastic on top of stone baked pizzas or stirred into pasta dishes. Dress with extra virgin olive oil & fresh Parmesan for a great accompaniment to fresh, grilled fish. Rich in Vitamins A, B, C and K.



Sakura

A rather delicate, but a spicy microleaf. The taste is similar to normal radish sprouts. Suitable in a mixture with salads, but it also fits nicely as a decoration next to fish and meat. Rich in Vitamins A, B, C and E.



Sun Flower

A great addition to salads, juices, sandwiches and wraps, of course you can also just eat them by themselves. Sunflower greens are a perfect source of complete protein. In fact, they are considered to be the most balanced of all of the sources of essential amino acids. They are a nutritional powerhouse packed with vitamins A, B complex, D, and E; they also contain minerals including calcium, copper, iron, magnesium, potassium, phosphorus and zinc.

PACKAGING OPTIONS



CONTACTS

Contact **Flora Export S.G. Israel LTD** for a price quote including direct air delivery to your country.

Our company is an official worldwide distributor of micro greens produced by **TAP** Teshuva Agricultural Projects - Israeli micro greens technology pioneers.

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