



MICROGREENS AND THEIR BENEFITS

*Easy To Grow Your Own For Your Health
And Why!*

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Microgreens And Their Benefits

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Microgreens And Their Benefits

Types of Microgreens

There is a huge variety of Microgreens available, ranging from different kinds of vegetables to even some types of herbs. Some of the most popular types of Microgreens include:

- Amaranth
- Arugula
- Basil
- Beets
- Broccoli
- Cabbage
- Carrots
- Celery
- Chard
- Chia
- Chives
- Cilantro
- Dill
- Fennel
- Garden Cress
- Kale
- Mint
- Mizuna
- MustardGreens
- Orach
- Parsley
- Sunflower
- Watercress

