



## HEALTH BENEFITS

- Antioxidant-Rich
- Immune Boosting
- Source of vitamins A, B, C, and K
- Antioxidants are said to aid in the prevention of heart disease, stroke, and certain types of cancer
- Contains sources of iron, magnesium, thiamine, niacin, calcium, potassium & phosphorus



## TASTE

- Ingredients: Chives, beets, radish, sorrel, carrots, cabbage, & Mesclun Mix (pac choi, mizuna, kale, mustard, arugula, & lettuce)
- “A crunchy, delicious vegetable garden blend.” – Sal Gilbertie

[CLICK HERE FOR RECIPES](#)

*Gilbertie's*  
Est. 1922  
ORGANICS



MICROGREENS & SALADS  
Local • Soil Grown

Winter  
Wonder Blend

