



## HEALTH BENEFITS

- Antioxidant rich
- Immune boosting
- Source of vitamins B1 and C
- Contains sources of magnesium, niacin, zinc, iron, as well as other minerals, vitamins, and antioxidants
- Antioxidants are said to aid in the prevention of heart disease, stroke, and certain types of cancer



## TASTE

- Ingredients: Pea shoots, sunflower shoots, radish, broccoli, & corn shoots
- "Great tasting."  
– Sal Gilbertie

[CLICK HERE FOR RECIPES](#)

*Gilbertie's*  
Est. 1922  
ORGANICS



MICROGREENS & SALADS  
Local • Soil Grown

# Oh, Shoots!

