



Recently I went to hear Emerald Gardens Owner Roberto Meza talk about micro-greens as part of the Heart Healthy Wheat Ridge Week and I was honestly shocked at what these little green gems can do for our health & wellness, and what better time than in March to share just a few of their benefits:

- Varietals like Pea and Sunflower shoots have about 6 grams of protein per 1/4 cup!
- Red Cabbage, Cilantro, and radish micro-greens contain almost 40 TIMES the nutritional value of their mature counterparts!
- Many varietals, like Micro Broccoli, contain a HUGE amount of cancer-fighting compound [sulforaphane!](#)
- Unlike most fruits and vegetables, adding micro-greens to your smoothies actually enhances their nutritional benefits!

I could go on about these green powerhouses, but instead learn more at [Emerald Gardens Microgreens](#) and look for some of their tasty mixes in upcoming Cibo Meals!

GROWN WITH  
LOVE IN  
COLORADO



microgreens

LIFE'S OUR  
GARDEN.  
WE DIG IT.

organically and locally grown