



Greens To Glow

Brilliant Microgreens. Brilliant Nutrition.

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Call or Text Amy Callison (704) 267-6679

Microgreen Fresh Sheet

- Locally grown in Spartanburg, SC with fresh farm to table standards. Certified SC Member. SC Specialty Crop Member
- Located approximately 4 miles south of the Spartanburg downtown area on S. Pine St.
- Naturally grown with organic seeds (when available), coconut coir medium, filtered water with ocean minerals added. No fertilizers, pesticides, or herbicides of any kind used. Organic practices utilized. Packaging is biodegradable and compostable.
- Our priority is always to produce fresh, beautiful, delicious, nutrient dense, highest quality microgreens delivered to our customers with complete satisfaction.
- Over 30 varieties of microgreens available. Grown to order. Most crops need at least 10 days to be produced, times vary depending on type of microgreen. Some crops can take up to 21-28 days.
- Friday deliveries available, minimum \$30 order within 20 mile radius. Pick up is also available upon prior arrangement on Thursdays and Fridays.
- Orders are taken on a first come, first served basis. Standing orders on a weekly or bi-weekly basis are welcome and encouraged to ensure the crop needed is available. For most varieties orders should be placed no later than Monday-so it will be available the following Friday(10-12 days). Several varieties available on a weekly basis, these varieties vary.
- Pricing varies depending on sowing/prep time, growing time and seed pricing. If there is a variety we don't currently offer, we are always willing to try new grows! Just ask! We will check to see if seed is available from the supplier.
- Coming soon "Glow, Dog. Glow!" All natural healthy Microgreen Dog Treats !

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Microgreen Flavor Profiles:

- Sunflower- Sweet, nutty, crispy, crunchy, fresh aroma.
- Radish- (3 varieties available) Spicy, tender, crisp, adding a splash of heat comparable to horseradish/wasabi sauce.
- Turnip- Mild, sweet, crunchy, spinach-like taste.
- Kohlrabi- Mild cabbage-like, sweet, tender with beautiful purple stems.
- Green Pea (Tendrill) -Sweet, crispy, crunchy, juicy, tastes very much like peas.
- Wheatgrass- Subtly grasslike taste, very popular for juicing or in smoothies due to the overabundance of nutrients it provides.
- Kale - Mild, subtly sweet, broccoli taste.
- Broccoli- Mild, crunchy, slightly bitter-like broccoli.
- Red Cabbage- Crispy, tender with fresh, green, earthy, peppery flavor.
- Mustard-(3 varieties available) Sweet-hot, zesty mustard flavor-spicier than adult mustard
- Beet- (2 varieties) Beautiful dark green leaves with brilliant burgundy stems, adds contrasting colors with earthy flavor, crunchy and juicy.
- Carrot- Delightful flavor of mild sweet carrot with earthy tone, the texture is like dill but without the dill taste.
- Rutabaga- Delicious spinach-like taste but with a milder peppery flavor.
- Cilantro- Crisp, sweet, bright citrusy aroma, bold, classic cilantro taste with slight peppery finish.
- Basil- Much like full grown basil but slightly more intense with less aftertaste -sweet, nutty and fresh. Great as a pizza topping!
- Swiss Chard- Distinctive mild, juicy, slightly salty and tastes like a mix of beets and spinach.
- Amaranth- Beautiful colorful dark pink crop, similar to spinach but flavor is deeper, very tender fluffy texture. Very popular around Valentine's Day because of the distinct pink color.
- Cinnamon Basil- Intense Basil flavor with a sweet touch of cinnamon.
- Arugula- Spicy, nutty, tangy flavor
- Leek- Strong onion flavor and aroma but sweeter tasting than mature onion. Stringy texture.
- Brussel Sprouts- Mild, nutty, smokey cabbage like flavor.
- Shiso- Aromatic, tender, crunchy earthy flavor with hints of licorice, mint, clove, and cinnamon.
- Borage- Strong cucumber flavor with hints of cantaloupe, lemon and celery.
- Popcorn- Delicate sweet, crunchy, subtly grasslike flavor-popular treat for children. No photosynthesis used so the finished product is yellow.
- Buckwheat- Mild, tangy flavor with a hint of citrus. Tender with beautiful pinkish stems.
- Dill- Aromatic, mildly sweet, lemony flavor. Green feathery leaves.
- Watercress (Nasturtium)- Peppery, slightly spicy, similar to mustard flavor.

