

## **Baby Greens**

**Arugula-** UG baby arugula hits you with a burst of peppery flavor. These tender greens provide the perfect amount of spice to any dish.

Food Pairings- Can be served raw or cooked. It can be enjoyed simply fresh in a salad that stands up well to a bold vinaigrette or salty cheese. It balances the sweetness of pears or melons. Delicious with root vegetables or hearty grains and pasta. Packs the right punch for pesto or pizzas. Rounds out the rich savory flavor of your grilled chicken or steak. Great sandwich topping too!

Health Benefits- Full of antioxidants that help protect and reverse cell damage. Glucosinolates give arugula its bold flavor and scent believed to protect against cancers such as breast, prostate, lung and colon. High in vitamin K and calcium, important for bone and brain health. High in nitrates which may help lower blood pressure.

2 cups = 20% vitamin A, 50% vitamin K

**Bold and Spicy-** For those looking for a daring flavor adventure. The wonderfully pungent combination of radish, mustard and arugula will enliven your plate. The young radish leaves provide a crisp and smooth bite that is slightly milder than that of its root. Mustard greens contribute their own unique “mustard” flavor that is distinct from the peppery spice of Arugula. These greens are harvested young to keep them delicate and appetizing while minimizing excessive bitterness.

Food Pairings- Perfect as a stand alone or addition to spice up any salad. The bright bite from these greens compliments meat and fish, especially any cut of pork. Cooking these greens mellows the flavor, try sautéing with root vegetables. The tanginess of these greens pairs well with nutty oils and vinegars.

Health Benefits- Mustard: one serving offers 348% of vitamin K, 34% vitamin A (“anti-inflammation vitamin”). 1 cup serving = 65% of vitamin C. Vitamin E, thiamin, B6, riboflavin, niacin(B3). Minerals: Copper, manganese, iron, magnesium, potassium etc. Radish: High in vitamin C, iron and Quercetin (flavonoid). Arugula see above.

**Superfood Mix-** UGs flagship/signature product. The flavors of succulent and mild broccoli, rich earthy kale and sweet cabbage are balanced by the fresh grassy green crunch of bok choy. These young and delicate greens taste supremely healthy without being tough, fibrous or bitter.

Food Pairings- This is our go-to mix for green smoothies and the first addition to our lettuce salads. Can be equally enjoyed cooked or raw. Lightly sautéed with garlic, oil or vinegar can be an easy delicious side. Great for topping a sandwich or filling a wrap. This mix is ready to fill any role that calls for greens!

Health Benefits- Bok choy: contains folate (DNA repair and production) calcium, B6, vitamin A, C, E and beta-carotene. Contains mineral selenium (unique trace mineral found mostly in meat and seafoods) important for cognitive function, immune system health and fertility for men and women.

Broccoli: Thiamin, Niacin, Pantothenic Acid, Calcium, Iron and Selenium, and a very good source of Vitamin A, Vitamin C, Riboflavin, Vitamin B6, Folate, Magnesium, Phosphorus, Potassium and Manganese". Highest concentration of sulforaphane.

Kale: among the most nutrient-dense foods on the planet. High in flavonoids quercetin and kaempferol. 4.5 more vitamin C than spinach. 1 cup of kale has more Vitamin C than a whole orange. Contains good amounts of calcium, magnesium and potassium as well as being low in oxalate (substance found in plants that can prevent mineral absorption). Contains very little fat, but does contain omega 3 fatty acid alpha linolenic-acid. Gets its dark green color from lutein and zeaxanthin nutrients that protect against macular degeneration and cataracts.

Cabbage: High in flavonoid antioxidants that give cabbage its purple color. Cabbage contains 36 types of Anthocyanins believed to lower risk of heart attacks, lower blood pressure and reduce risk of heart disease. These anthocyanins believed to also have similar cancer fighting effects as sulforaphane, which cabbage also contains.

**Kale Trio-** If you love kale, this is the product for you. The mix combines three types of kale to provide you with an earthy, downright meaty flavor that is characteristic to this truly super green vegetable. The differing colors and leaf shapes help keep this mix interesting to the eye and far from one dimensional.

Food pairings: Add this kale mix to bolster any salad -- or eat it on its own! Another great candidate for your daily green smoothie. Kale has become so very popular as a healthful nutrient dense vegetable because of how versatile it can be used in your cooking. Add these fresh or cooked to green up any dish.

**Lettuce Medley-** This combination of lettuce varieties provides you with a mild, sweet and nutty flavor that is an excellent base for any salad. These refreshing greens will provide you with a satisfying crunch while still being perfectly delicate and buttery smooth. What more could you want from lettuce?