



MICRO 101

# Why Grow Microgreens?



**FAST** – Microgreens are ready to harvest in **just 10-15 days**, much faster than garden crops, and they can grow indoors!

**FRESH** – Homegrown microgreens provide **the freshest possible harvest** – you can clip and wash them right before you plan to eat!

**NUTRITIOUS** – Microgreens often contain several times the density of **important nutrients** when compared to their full-size counterparts.

**DELICIOUS** – Favored by chefs and home cooks alike for **adding flavor, color, and texture**, our organic and non-GMO microgreens are available in several delicious varieties.



100% Certified Organic, Non-GMO Project Verified Seeds  
Learn more at [highmowingseeds.com/micro](http://highmowingseeds.com/micro)

FLIP OVER TO  
LEARN HOW  
TO GROW!