



Our top 6 reasons to grow & eat microgreens

Sow it, grow it, eat it

7-14 days from sowing you'll have fresh, delicious and highly nutritious superfood - add them to any meal, anytime of the day!

Grow all year round

Who says you can't grow all year round in the UK? You truly can with our Microgreen grow kits.

Enhance your wellbeing

Research has indicated that just being in the general proximity of plants can be beneficial for our mental health. Growing plants gives you the opportunity to be creative, while also helping to reduce stress.

Super simple to grow

With our super inclusive instructions and video tutorials they really are simple to grow.

Amazing health benefits

All Microgreens are good sources of Beta carotene, Carotenoids – lutein and zeaxanthin, Vitamin C, Vitamin K, Calcium, Polyphenols (formerly called Antioxidants) to name just a few!

In any space you have

Even if you have minimal space you can grow these mighty greens, get creative with a shelf or on a windowsill - with or without a garden!

