



Home Delivery

Nutrition

The Micro Digest

Think Big. Think Micro.



When we talk about the nutritional value of Microgreens, the term "nutrient density" comes up quickly because of all the many vitamins, minerals and trace minerals that microgreens contain. Microgreens, for example, have been shown to have on average 40 times more nutrient density than the fully-grown vegetable. This is what makes microgreens a superfood that boosts your immunity and helps you find and maintain exceptional health.

Contact us to get on the list for contact-free delivery of Village Greens microgreens. We deliver to the Barnegat Peninsula (Manasquan to Seaside Park) and the Trenton-Princeton Corridor. Monthly subscription or single-week

delivery available. Choose which microgreens you would like delivered! Free delivery for monthly subscriptions. [More Information...](#)

Village Greens Microgreens are from 100% organic seeds and delivered alive and thriving directly to your door. Delicious and nutritious!

Contact Us About Home Delivery

**New Customer Special:
Free Delivery on Single-Week Order!
(Only \$15!)**

Village Greens Food for Thought

In this newsletter: **Nutrient Density?** & **Quick Microgreens Ramen!**



Rambo Radish Microgreens

Nutrient Density?

What does it mean when we say that microgreens are nutrient-dense? And more importantly, why does nutrient density matter? The definition first: nutrient density refers to the amount of nutrients in a given food relative to some other measure, such as calories.



Radish & Pea Greens Ramen

Quick Microgreens Ramen

Looking for a quick meal? Quick Microgreens Ramen is your friend. Just boil up some rice noodles or other thin pasta, chop up some microgreens, add salt & seasoning, and enjoy! Really hits the spot, quickly. And it's delicious. What are you waiting for?

[Read more . . .](#)

Microgreens Delivery!
(These are Rambo Radish)



Have You Seen Our Short Video?

This video explains the power of microgreens
. . . delivered right to your door!

[Watch the Video](#)

Happy Spring! Time to Bloom . . .

“When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.” – Ayurvedic Proverb

Village Greens NJ, LLC

Trenton NJ

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