



**Home Delivery**

**Nutrition**

# The Micro Digest

**Think Big. Think Micro.**

Microgreens Delivery!  
(These are Rambo Radish)



**Home Delivery has started!** 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...](#)

We support your exceptional health with living microgreens, a nutrient-dense superfood. From 100% organic seeds. Microgreens have on average 40 times more nutrient density than the fully-grown vegetable.

Contact Us About Home Delivery

## Village Greens Food for Thought

In this newsletter: The Power of Brassicas & Pea Microgreens Pesto!



The Power of Brassicas

### Eat Your Brassicas!

What are *brassicas*? *Brassica* is a genus of plants--commonly referred to as cruciferous vegetables. Included are Radish, Broccoli, Kale, Kohlrabi, Mustard Greens, and Cauliflower. And they are super-nutritious!



Presto Pesto: Pea Microgreen Pesto

### Pea Microgreens Pesto

Try this recipe for an exciting twist on an old favorite: Pesto.

This pesto can be made in minutes and frozen in ice cube trays for later. Or eat it freshly made by tossing it in pasta or spreading it on pita bread.

Read more . . .



## Have You Seen Our Video?

Watch this 90-second video for information on the power of microgreens  
... delivered right to your door!

[Watch the Video](#)

## Happy Thanksgiving!

"What is called genius is the abundance  
of life and health."

-- Henry David Thoreau

**Village Greens NJ, LLC**

Trenton NJ



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