

Arugula



Considered as one of the most useful and healthiest natural superfood, this plant adds a health supplement to a variety of menus. Arugula is also known as rocket. The Arugula microgreen is flavorful with a peppery taste. The leaf is similar to the oak leaf. It is a great source of folic acid, iron, copper and a variety of minerals and vitamins A, C and K.

HEALTH BENEFITS

- • Boost for bone and brain health
- • Detoxifying food
- • Reduce risk of cancer
- • Boosts healthy bones
- • Antioxidant
- • Improves eyesight
- • Good for healthy skin
- • Improves mineral absorption
- • Activates the immune system
- • Beneficial for weight management
- • Natural aphrodisiac
- • Lowers blood pressure
- • Protects the aging brain and cognitive decline
- • Reduces the amount of oxygen needed during exercise & enhances athletic performance
- • Helps keep body hydrated
- <http://www.microplantsrobert.com/en/microgreens-aragula.html>

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