

# Mustard



Mustard is the second most popular spice that is traded around the world. Mustard microgreens are a storehouse for many phyto-nutrients that have health promotional and disease prevention properties. Over the years, mustard has been imbued with curative powers.

Mustard microgreens are tender, succulent and spicy. Many variety add different sharp flavors to a wide range of meals. They are very popular in Asian mix.

Eating mustard microgreens offers a plateful of benefits.

The mustard microgreen is a good source of vitamin A, C, E, energy and carbohydrates, proteins, dietary fiber, folate, niacin, riboflavin, thiamin, sodium, potassium, calcium, copper, iron, magnesium, manganese and zinc.

## HEALTH BENEFITS

- Antioxidant
- Appetite stimulant
- Digestive aid
- Relieves congestion, good for allergies, infections or colds
- Inhibits growth of cancer cells
- Helps provide relief to rheumatic arthritis
- Reduces occurrence of migraine
- Helps prevent diseases
- Prevents cancer risk
- Assists in menopause relief
- Contributes in asthma prevention
- Slows aging
- Helps fight infections
- Stimulates hair growth and strength
- Contribute to relieve muscle pains
- Treats fever

**Yeshurun Farm**

[Email:yahsgkm@gmail.com](mailto:yahsgkm@gmail.com)

Phone:602-743-8950