

Peas



Peas are a powerhouse of nutrition and strong anti-oxidants. Peas have such high-quality protein that they are now added to many meals and commercial protein products. In taste, pea tendril microgreens are slightly sweet, with a mild bitter aftertaste, and they have a nutty undertone. The leaves have a texture similar to spinach, although not as delicate. Pea tendrils add freshness and a little crunch to dishes with rich and earthy flavors. Pea microgreens are low fat but high everything else. They contain protein, fiber, omega-3 and micronutrients. Rich in folate, carbohydrates, vitamin A, C, E, B1, B2, B3, B6.

HEALTH BENEFITS

- • Antioxidant
- • Helps prevent stomach cancer
- • Slows aging
- • Prevents wrinkles
- • Enhance the immune system
- • Helps protect from Alzheimer
- • Protects from Osteoporosis
- • Contributes to regulate blood sugar level
- • Prevents arthritis
- • Reduces bad cholesterol
- • Beneficial for weight management
- • Helps keep bones healthy
- • Relieves constipation
- • Has anti-inflammatory properties
- <http://www.microplantsrobert.com/en/microgreens-peas.html>

Yeshurun Farm

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

Phone:602-743-8950