

Broccoli Microgreens - The New Superfood

Delivered to Homes in the Hudson Valley



Goshen, Oct 31, 2019 ([Issuewire.com](http://www.Issuewire.com)) - Kick the processed powders, pills, and bottled juices, say nutritionists, and get the latest superfood - broccoli microgreens - delivered straight to your home, grown locally by Perfect Foods Inc., a family-owned farm in Goshen, NY, if you want a fresh dose of massive nutrients as recommended by doctors.

Fresh, locally grown, organic broccoli microgreens, containing nutrient-rich ingredients that improve overall health and immunity, have sparked a sudden demand among discerning consumers. Fresh broccoli microgreens also contain *sulforaphane*, seen as having significant results in treating autism, cancer, and detoxing the liver, according to recent research.

Microgreens can have over 40 times the nutrients as their adult plant according to the Johns Hopkins

University and the University of Maryland studies. Broccoli microgreens, in particular, have been shown to be one of the number one leading anti-cancer foods. Microgreens have become increasingly popular for foodies and chefs because of their delicious flavors and beautiful colors but people may not realize the tremendous nutritional benefits they have to boost your protein and nutrient intake by putting them in everything including salads, sandwiches, smoothies, garnish on avocado toast or just as a snack.

But why the sudden interest in fresh microgreens as a superfood, rich in minerals, with the potential to strengthen the human diet? Recent studies published by the National Institute of Health's PubMed Center* offer a growing body of research about microgreens:

- Studies suggest that microgreens can have many times the nutrient density of the mature plant (J. Agric. Food Chem. 2012, 60, 7644–7651) <https://www.800wheatgrass.com/wp/wp-content/uploads/2018/12/microgreens_Nutrients_JAFC2012.pdf> . This means that eating just small amounts (up to eight ounces) of microgreens can be extremely beneficial to your health.
- A Johns Hopkins study discovered an anti-cancer nutrient in broccoli microgreens, sulforaphane, which was found in much higher concentrations in the young sprouted plant (Proc Natl Acad Sci U S A. 1992 Mar 15;89(6):2399-403 <<https://www.ncbi.nlm.nih.gov/pubmed/1549603>>).
- And 2017 research showed in a small clinical trial that sulforaphane (SF) from broccoli sprouts could significantly reduce the behavioral symptoms of Autism Spectrum Disorder. (Glob Adv Health Med <<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5672987/>> . 2017; 6: 2164957X17735826).

There are likely thousands of other yet-undiscovered plant nutrients beneficial to our health in microgreens. Perfect Foods Inc. uses rich composted soil, full-spectrum lighting, and filtered water to guarantee the greenest, healthiest wheatgrass and flavorful microgreens in the world. And everything they grow is USDA certified organic.

Now, you can get these fresh organic super greens delivered straight to your home by Perfect Foods or find them at a local supermarket. “We believe wheatgrass and microgreens are truly the ‘perfect foods,’” said Harley Matsil, of New York, who founded Perfect Foods in 1982. “Our philosophy is ‘food is thy medicine,’ and “fresh is best” and if you provide your body with easy to digest and nutrient-dense food, your body will have what it needs to heal itself.”

Perfect Foods Inc. www.800wheatgrass.com <<http://www.800wheatgrass.com>> is a family-owned USDA certified organic farm and agricultural destination based in Goshen, NY in the heart of the Hudson Valley. The company has been growing wheatgrass and microgreens in an indoor growing facility that operates year-round for over 37 years. Perfect Foods supplies more than 450 juice bars and health food stores in the New York Tri-State region with fresh wheatgrass and frozen wheatgrass juice, their own Dr. Squeeze-branded wheatgrass juicers and microgreens in varieties of broccoli, sunflower, pea, radish, arugula, cilantro, and mustard.

* It is not the intention of the National Library of Medicine to provide specific medical advice but rather to provide users with information to better understand their health and their diagnosed disorders. Specific medical advice will not be provided, and NLM urges you to consult with a qualified physician for diagnosis and for answers to your personal questions.

Media Contact

Perfect Foods Inc.

bizdata@warwick.net

Peter Lyons Hall

862 Pulaski Hwy Goshen, NY 10924

Source : Perfect Foods Inc.

See on IssueWire : <https://www.issuewire.com/broccoli-microgreens-the-new-superfood-1648929478692712>