



### ABOUT ARCA

ARCA is a private nonprofit organization dedicated to providing quality services to individuals with intellectual and developmental disabilities. ARCA serves nearly 700 individuals a year and offers an array of premier services and supports.

### ABOUT ARCA ORGANICS

ARCA Organics offers organically grown\* microgreens, wheatgrass and wheatgrass supplies to the Albuquerque community. We employ individuals served by ARCA who assist in every step of the production from planting seeds to distributing our wheatgrass throughout our community.

*\*Grown without the use of pesticides, herbicides or fertilizers and has organic certification from the New Mexico Organic Commodity Commission (NMOCC). Organic certification means that ARCA Organics follows all federal and state regulations for organic growing.*



**Microgreens**



**ARCA ORGANICS**

**181 E La Entrada, Corrales, NM 87048**  
**(505) 898-5518**  
**[www.ARCAOrganics.org](http://www.ARCAOrganics.org)**



**11300 Lomas Blvd. NE • Albuquerque, NM 87112**  
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**[www.ARCAOpeningDoors.org](http://www.ARCAOpeningDoors.org)**

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**ARCA ORGANICS**  
**MICROGREENS**



*Providing organic products, grown with skill and care, by local friends and neighbors with intellectual and developmental disabilities.*



# ARCA organics MICROGREENS



Mild Mix



Red Russian Kale



Sunflower

## mi·cro·greens

/mīkrō,grēnz/

*noun*

the shoots of salad vegetables such as arugula, Swiss chard, mustard, beetroot, etc., picked just after the first leaves have developed.



## Why Microgreens?

According to a study conducted by researchers at the University of Maryland and the U.S. Department of Agriculture, microgreens contain anywhere from 4 to 40 times as much of a particular nutrient than a mature plant since the plant is harvested before all the food contained in the seed is used to fuel the growth of a mature plant. Many of the plants grown as microgreens are already considered superfoods at their maturity, so this makes their micro-versions SUPER-superfoods.

Microgreens are often confused with sprouts but are significantly different because sprouts are grown only using water, whereas microgreens are grown with soil. Microgreens absorb minerals from the soil as they grow and undergo more photosynthesis than sprouts, increasing their nutritional content.

ARCA Organics microgreens are sold by the half-flat (10" x 10"), flat (10" x 20") or by the pound. Loaded with vitamins and minerals, microgreens are packed with flavor, from nutty (sunflower sprouts) to spicy (radish sprouts) and are a wonderful, colorful addition to salads, sandwiches, and more!

**CUSTOM ORDERS** A variety of microgreens can be custom grown in 10 inch by 10 inch and 10 inch by 20 inch flats. They are also available cut, washed and bagged.

**Contact us or visit us online to place an order.**

Your purchase supports the children and adults with intellectual and developmental disabilities in ARCA's care.

## Visit Us!

Call us to schedule a tour of our facility!

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Hours Monday-Friday • 7:30 am-3:00 pm



Pea Shoot



Radish



Beet



Arugula