Microgreen's Cycle of Life

1. We build each tray to order with quality seeds to insure freshness!

2. All of our microgreens are grown in certified organic soil or hydroponically, with a 100% biodegradable soil-less growing medium in an extremely clean and controlled environment, with no added harmful chemicals. Not to mention, our seeds are coming from one of the most recognized seed companies in the industry, with Non-GMO tags on them!

3. All of our microgreens are grown "indoor" in a controlled environment. Nice and comfortable room temperature, perfect humidity, and a nice little breeze blowing through... making sure they are not thirsty, no pests are bugging them, perfect amount of light, even sing to them... Gosh, they are spoiled by us! There's a lot of "Attention to Detail" happening in that room!

4. Once your microgreens are ready, we put them under our Quality Control inspection with our farm team! We make sure our microgreens are representing our company with pride! We got to make sure all our babies are beautiful and tasty! Then we carefully wash them, air dry them, and pack them- making sure each package weight is exactly the same.

5. At last, it's ready to be picked up at our farm! OR, we will deliver them to your location. Please be sure to store them in the fridge, and wash them before you use them.

*If you wish to receive microgreens as "true leaf" status or underdeveloped as "Sprouting seeds", please let us know!

Poof Dirt Farms

Planting Seeds for a Better Tomorrow

Services

Consulting & Design:
-Indoor/Outdoor Gardening
-Landscaping & Soil Amendment
-Irrigation Systems
- Landscape Lighting

Education & Community Outreach
-Kid's Community Garden
- Farm to Fork Events

Products:

Microgreens, Veggies
DIY Microgreens Kits
Free Range Chicken Eggs
Dry Seasonings
Canned & Baked Goods and more...

Kozue Maye (Owner)
2471 Gally Rd.
Pahrump, NV 89060
775-419-6033

www.poofdirtfarming.com
poofdirtfarming@gmail.com
Paper Stacks, LLC
d.b.a. Poof Dirt Farms

Follow Us on FaceBook @PoofDirtFarming

Producer Certificate# 1587
Cottage Food Registration # NY-090-24328
Farm to Fork Program Registration# NY-091-25002

Locally Grown Microgreens!

Versatile Superfoods
Fresh From Local Farmers!
Many Uses Of Microgreens:

Salads

Any of our microgreens can make an excellent addition to salads. They can be sprinkled on top for a burst of flavor and nutrition.

Microgreens can also make a fantastic dressing, particularly the spicier options like mustards. Try chopping the greens finely and mixing with oil and vinegar.

Smoothies

Many microgreens make adding nutritional value to a smoothie simple and tasty. We recommend using some of our milder options such as broccoli, cabbage, or kale to start experimenting with more robust flavors as you become familiar and COMFORTABLE with them.

Pastas & Stir-fry's

Microgreens can be sprinkled on top of any hot dish, but some also hold up well to cooking or tossing with hot noodles.

Main Dishes

Using microgreens to augment the flavors of meats or other main dishes is easy if you think of them as similar in flavor to their adult counter parts.

LONGEVITY MIX
The mix includes a colorful array of amaranth, mustard, arugula, kale, kohlrabi and broccoli. A wonderful mixture of deep red and various green shades.
Taste: Spicy & savory with hints of green freshness.
Texture: Crunchy yet soft
Non-GMO
Nutrients: Vitamins A, B, C, E, & K, B-complex, folic acid, niacin, potassium, iron, phosphorus, pantothenic acid, calcium, magnesium, zinc, carotenes, antioxidants, fiber, iron, and copper.

TRI COLOR RADISH
Purple, green, and red radish mix is crunch, and definitely peppery and spicy, but addictive and packed with nutrients! Pairs very well with meat in my opinion!
Nutrients: Vitamins A, C, E, and K, folic acid, niacin, potassium, iron, phosphorus, pantothenic acid, calcium, magnesium, zinc and carotenes
Facts:Radish microgreens are packed with health benefits, including:
Promoting healthy eyesight
Help in preventing some cancers
Lessen the risk of heart-related diseases

SPICY SALAD MIX
This microgreens mix is a simple mix of different types of seeds that makes a great base for any microgreens salad, sandwich, etc... The mix does contain arugula and southern giant mustard, which combined gives it a strong kick. The spicy microgreens salad mix has a great flavor and a nice mix of colors.
Contains: broccoli, kale, purple vienna kohlrabi, arugula, red acre cabbage, southern giant mustard, and tri color radish.
Nutrients: Vitamins A, B, C, K , B-complex, B6, E, beta-carotenes, antioxidants, fiber, alcium, potassium and copper, iron, phosphorus, folate, magnesium, zinc, manganese and essential amino acids.

CHIA
Favored for its health benefits, including high levels of omega oils, antioxidants, amino acids and proteins.
Color: Green
Flavor: Mild bitterness
Texture: Soft
Non-GMO, Organic

VITALITY MIX
This microgreens mix contains sunflower, peas, and beets. Nearly every "good vitamin" you can list!
Flavor: nutty, fresh brassica flavors, mild.
Texture: crunchy, fresh
Non-GMO
Nutrients: Vitamins A, B, B-complex, B1, B2, B3, B6, C, D, E and K, antioxidants, magnesium, zinc, iron, potassium, fiber, protein, omega 3 fatty acid, carotenes, folate and phosphorus!!

BASIL - GENOVESE
Use micro basil in place of regular basil in any recipe, for extra intense basil flavor. Micro basil pesto is amazing.
Facts: A few of the health benefits include: Full of antioxidants that reduce free radicals, which aids in cancer prevention. Antibacterial and antimicrobial properties - which combat infection and viruses. Reduces stress.
Nutrients: Vitamins E, A, K, B6, and C, protein, calcium, iron, zinc, magnesium, copper, phosphorous, and potassium

ARUGULA-SLOW BOLT
It's a favorite and generally considered a staple on the spicier side of microgreens and baby salad greens. The peppery taste gets less intense as it grows bigger.
Flavor: peppery, slightly buttery and cabbage-like
Facts: Arugula microgreens are wonderful for helping keep bones healthy and strong. The same amount of calcium is contained in arugula microgreens as is found in spinach. A benefit of the arugula microgreens is that it has a much lower amount of oxalates compared to spinach, which prevent full calcium absorption.
Non-GMO, Heirloom

FENNEL - FLORENCE
Use it as a garnish for savory or sweet dishes. Fennel microgreens are thin, green and delicate. They have a mild anise, licorice taste, peppery, slightly sweet flavor that makes them a great garnish for Italian or Indian dishes.
Non-GMO, Heirloom
Nutrients: Vitamins C, E and K, antioxidants, potassium and fiber

What else do we do?

We grow a variety of microgreens “indoor”, and many vegetables, fruits and herbs “outdoor” at the farm! We raise chickens for eggs, goats for milk, worms for composting, and live Golden Shiners and Fathead Minnows for the anglers! We are always researching and developing our new products!!
We'd be more than happy to grow your custom mircrogreens order!
Please let us know if you are interested in specific variety of microgreens!!

We are located in Pahrump, NV. We offer delivery service to our commercial clients in the Southern Nevada Region.

Our mission: Teaching the next generation valuable life skills. Teaching them how to be self-sufficient, eat healthy, live better, and take care of themselves! Once a week, our local youth visit our farm, and learn how to grow food, and tend the livestock. The vegetables that you are about to eat might have been harvested or planted by our local youth!
Your financial support will also support our Kid’s Community Garden Program funded by Poof Dirt Farms and Richard Wiggler’s Bait Co!
Learn more about our bait at:
www.wigglerarmy.com

Ways to place an order:

- You can call or Text: 775-419-6033
- Via Email: poofdirtfarming@gmail.com
visit our website:
www.poofdirtfarming.com/microgreens.html
Want to keep it Analog?
Complete the form & Return it!