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Micro Leaves ('Microgreens')

2BFresh offers an innovative product, a wide variety of completely **ready-to-use*** micro leaves, also known as Microgreens. Available in a wide range of clam shell punnets in the following sizes: 200 grams, 150 grams, 80 grams, 40 grams, 30 grams, 15 grams (and in 4oz and 8oz packs, for the USA market).



Micro Leaves advantages

Micro Leaves are tiny plants full of flavor and nutrition. Smaller and more tender, yet more robust and flavorful than sprouts. Micro Leaves are delicious and ideal for salads, main dishes, soups, as well as for garnishing. The intense flavor and vivid color add dynamism to any dish. In addition to their high nutritional values, they are considered “functional foods” which are known to have disease-preventing properties and health-improving properties as well. Furthermore, our production methods are environmental friendly and are GLOBAL G.A.P certified. 2BFresh products are supplied worldwide all year round.

*recommended to rinse prior to use



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	<p><u>Amaranth - Red</u></p> <p>Brilliant magenta color, elegant form, and neutral flavor. An opulent red microgreen with a mild beetroot like flavor; adds stunning color to dishes. Amaranth is ideal with grilled fish and seafood. Contains High levels of Vitamins C, E and K.</p>
	<p><u>Basil - Green</u></p> <p>Rich dark green leaves and a basil fragrance with a concentrated sweet flavor. Its leaves are used as a seasoning herb for many different types of foods. Perfect for making a caprese salad with fresh tomatoes and mozzarella, pesto sauce, soups and much more.</p> <p>Contains large amounts of (E)-beta-caryophyllene (BCP), which have a use in treating inflammatory bowel diseases and arthritis. Rich in Vitamins A, C, and K.</p>
	<p><u>Basil - Red</u></p> <p>Rich red leaves and a basil fragrance with a concentrated sweet flavor. Its leaves are used as a seasoning herb for many different types of foods. Perfect for making a caprese salad with fresh tomatoes and mozzarella, pesto sauce, soups and much more.</p> <p>Contains large amounts of (E)-beta-caryophyllene, which have a use in treating inflammatory bowel diseases and arthritis. Rich in Vitamins A, C and K.</p>
	<p><u>Beet Bulls Blood</u></p> <p>Beautiful red vines & green color, fresh and crunchy flavor. High in carbohydrates, fiber, protein, folic acid, potassium and Vitamins A and C. Beautiful for decorating any dish such as salads and gourmet dishes</p>



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	<p><u>Broccoli</u></p> <p>A mild & fresh taste, very good for health diets.</p> <p>Very high nutrient value such as Vitamins A, B, C, E and K, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Trace Elements, Amino Acids & Antioxidants. Perfect for salads, sandwiches & soups.</p>
	<p><u>Bean Sprouts</u></p> <p>A mix of super rich & nutritious sprouts; Adzuki, Mung, Lentil & Chick peas. They are very delicious raw and cooked.</p> <p>A good source of enzymes which is needed by our body. These enzymes can increase the body's energy and make us feel fit and healthy. The sprouts contain much oxygen. It can increase blood flow in the body, kills bacteria, boost the immune system, and others. in addition they contain Vitamins A, B, C and K.</p>
	<p><u>Carrot</u></p> <p>Its flavor is of a mild and sweet baby carrot.</p> <p>Compliments salads, fish, appetizers and desserts.</p> <p>Contain Vitamins A, B, C and E.</p>
	<p><u>Celery</u></p> <p>Just like regular celery with a more intense flavor.</p> <p>Great addition to any micro salad or sandwiches, adding crunchiness and a typical celery flavor. Perfect for topping a variety of clear and cream soups, and ideal for stews and sandwiches.</p> <p>Contain Vitamins A, B, C and E.</p>



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 A photograph of a coriander (cilantro) plant with its characteristic frilly, green leaves and thin stems, set against a black background.	<p><u>Coriander (Cilantro)</u></p> <p>Unique flavor of coriander presented in frilly, dancing leaves with a few seed hulls for added impact. Coriander microgreens are the richest in terms of lutein and beta-carotene. Rich in Vitamins A ,B, C and E.</p>
 A photograph of garlic chives, showing long, thin green leaves and small purple flowers, set against a black background.	<p><u>Garlic Chives</u></p> <p>A blended and delicate taste of onion and garlic.</p> <p>Is a good source of antioxidants, and is rich in vitamins and minerals. Contains allicin which contributes to delay the development of certain cancers, and reduce cholesterol levels and blood pressure.</p> <p>It is used in a variety of dishes, both as a decoration and as seasoning, to enrich the flavor of pies, omeletes , cheese and vegetable dishes, soups, sauces and salads.</p>
 A photograph of Japanese mustard microgreens, showing small, rounded green leaves and thin stems, set against a black background.	<p><u>Japanese Mustard</u> NEW!</p> <p>Green colored mustard leaves. Delivers a strong spicy flavor similar to Wasabi. Goes well with cold beef dishes or salads for a unique flavor. Contains High levels of Vitamin A, B, C, E and K. Calcium, Iron, Magnesium Antioxidants and more</p>
 A photograph of a kale plant with large, dark green, crinkled leaves and a central stem, set against a black background.	<p><u>Kale</u></p> <p>It is definitely one of the healthiest and most nutritious plant foods.</p> <p>Excellent Source of Vitamins A, B, C, E, and K. Rich in dietary minerals, iron, calcium and potassium.</p> <p>Provides an intense addition to salads.</p>



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Kohlrabi

The taste and texture of kohlrabi are similar to those of a broccoli stem or cabbage heart, but milder and sweeter. Used raw in salad or slaws.

Very good for health diets. With a very high nutrient value such as Vitamins **A, B, C, E** and **K**, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll, Trace Elements, Amino Acids & Antioxidants. Perfect for salads, sandwiches & soups



Lovage

Its flavor is like parsley and celery combined with a hint of anise and curry.

You can toss its lively young leaves in salads or roasted chicken or fish, finely shredded, they are a great addition to soups, stews, mash or scrambled eggs.

It's rich in B vitamins, essential for energy, and vitamin C which supports skin and immune system.



Melissa

Used as a flavoring in ice cream and herbal teas. It is also frequently paired with fruit dishes or candies. It can be used in fish dishes and is the key ingredient in lemon balm pesto.



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	<p><u>Mizuna - Green</u></p> <p>A microgreen type of rape plant with edible leaves (Japanese). It is an Asian Mustard, but it is more mild in flavor compared to most other mustards. Crunchy in texture, bursting with water (which it is named after). Mizuna is best eaten raw in salad, or as an accompaniment to seafood, which benefits from its slightly bitter flavor. Its slender and straight stalks are white and crunchy and high in Vitamin A and Iron.</p>
	<p><u>Mizuna - Red</u></p> <p>Red Mizuna is another great cool-weather garden plant. It is an Asian Mustard, but it is milder in flavor compared to most other mustards. Crunchy in texture, bursting with water (which it is named after). Red Mizuna is best eaten raw in salad, or as an accompaniment to seafood, which benefits from its slightly bitter flavor. Its slender and straight stalks are white and crunchy and high in Vitamin A and Iron.</p>
	<p><u>Mustard - Green</u></p> <p>Magnificent green colored leaves. Delivers a strong spicy mustard flavor. Goes well with cold beef dishes or salads for a unique flavour.</p> <p>Contains High levels of Vitamin A, B, C, E and K. Calcium, Iron, Magnesium Antioxidants and more.</p>
	<p><u>Mustard - Red</u></p> <p>Magnificent purple-red-green colored leaves. Delivers a strong spicy mustard flavor. Goes well with cold beef dishes or salads for a unique flavour.</p> <p>Contains High levels of Vitamin A, B, C, E and K. Calcium, Iron, Magnesium, Antioxidants and more.</p>



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	<p><u>Pak Choi - Green</u></p> <p>Pak choi is a Chinese leafy cabbage. It has been grown in China for over six thousand years and in Chinese its name means “white vegetable”. Its fresh taste of cabbage and mustard suits soups, salads and pairs well with sushi.</p> <p>It is one of the most nutrient-dense foods in the world, and it is uniquely beneficial for its calcium besides high levels of Vitamin C, Iron and Magnesium.</p>
	<p><u>Pak Choi - Red</u></p> <p>Fresh flavor micro has a taste of cabbage and mustard. Pak choi contains a lot of potassium and carotene, calcium, Vitamin C and some B Vitamins, and also phytochemicals such as flavonoids, phenolic acid and glucosinolates (mustard oils).</p> <p>Pairs well with Sushi and Kalbi.</p>
	<p><u>Parsley</u></p> <p>Microgreen Curled Parsley is a tiny version of common parsley with a very refreshing flavor.</p> <p>Sandwiches, soups, stews and main entrees especially love its pretty presence. Perfect garnish for pastas or any Italian dish. Microgreen parsley has many nutritional benefits including being an adequate source of antioxidants, Vitamins A and C.</p>
	<p><u>Pea Shoots</u></p> <p>Young and tender greens with a beautiful sweet flavor of fresh peas. Perfect for garnishing any dish with a special look of tendril & leaves.</p> <p>Peas are an excellent source of Vitamin A, B and C, folic acid and carotenoids such as beta-carotene.</p>



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Pepper Cress (Garden Rocket)

Peppercress is the essence of spicy flavor in beautiful dark green, delicate leaves

Similar to watercress but with a unique oval shape. Intense and spicy pepper flavor similar to water cress in flavor.

Rich in Vitamins **A**, **B**, **C**, **E** and high folic acid levels.



Radish - Red Stem

The seedlings have magnificent crisp pink-red stems with green leaves.

Makes the perfect edible garnish that will add a touch of color and spice to any dish. Use the sprouts to add zest and accent with sashimi, sushi, salad, sandwich and soup dishes.



Red Chard

A leafy green vegetable often used in Mediterranean cooking. Fresh young chard can be used raw in salads. Mature chard leaves and stalks are typically cooked or sautéed, their bitterness fades with cooking, leaving a refined flavor which is more delicate than that of cooked spinach.

Has rich content of vitamins **A**, **C**, and **K**. Significant content in raw chard are vitamin **E** and the dietary minerals, magnesium, manganese, iron and potassium.



Rocket (Arugula)

These heart shaped leaves have a peppery and nutty taste. Salad rocket is fantastic on top of stone baked pizzas or stirred into pasta dishes. Dress with extra virgin olive oil & fresh Parmesan for a great accompaniment to fresh, grilled fish.

Rich in Vitamins **A**, **B**, **C** and **K**.



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 A photograph of Sakura microleaf, showing small, round, reddish-purple leaves with thin stems against a black background.	<p><u>Sakura</u></p> <p>A rather delicate, but nicely spicy Microleaf.</p> <p>The taste is similar to normal radish sprouts. Suitable in a mixture with salads, but it also fits nicely as a decoration next to fish and meat.</p> <p>Rich in Vitamins A, B, C and E.</p>
 A photograph of Shiso - Green microleaf, showing small, bright green, rounded leaves with thin stems against a black background.	<p><u>Shiso - Green</u></p> <p>Microgreen Green Shiso produces small attractive green leaves that offer a very earthy flavor. A definite must for Asian creations. Sushi and sashimi are perfect mates. Ideal garnish for seafood entrees and salads.</p> <p>Microgreen Shiso contains calcium, iron, potassium, fiber and Vitamins A and C.</p>
 A photograph of Shiso - Red microleaf, showing small, reddish-purple leaves with some green variegation and thin stems against a black background.	<p><u>Shiso - Red</u></p> <p>Microgreen Red Shiso is popular throughout Asia for its distinct spicy flavor.</p> <p>Microgreen Red Shiso contains calcium, iron, potassium, fiber and Vitamins A and C.</p>
 A photograph of Sorrel microleaf, showing small, bright green, rounded leaves with thin stems against a black background.	<p><u>Sorrel</u></p> <p>Microgreen Sorrel adds a tangy tartness to mixed green salads. Accent a variety of dishes with its acidic flavor.</p> <p>Great source of Vitamin B6 and C.</p>



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Sorrel Red Vein

A most attractive selection from the Sorrel family with bright green leaves with contrasting dark maroon stems and veins. Has a distinctive sharp and tangy lemon flavor, adding taste and color.

Can be cooked like a vegetable, a great lettuce substitute in salads and sandwiches. It is most delicious when cooked and its flavor is delightfully acidic. A fantastic partner to fish, veal, eggs, and potatoes in soup or gratin.

Great source of Vitamin B6 and C



Spinach

Among the World's Healthiest vegetables. A Very versatile vegetable that can be eaten raw or cooked in pastas, soups, casseroles and many more.

Rich in vitamins and minerals, concentrated in health promoting phytonutrients such as carotenoids and flavonoids to provide you with powerful antioxidant protection. An excellent source of vitamin **A, B, C, E, K**, folate, magnesium, iron, calcium, and potassium.



Sunflower

Sweet, spicy & nutty concentrated flavor, with sunflower seeds aroma. Snack on it or add it to salads, juices, sandwiches and wraps. Sunflower greens are a perfect source of complete protein. In fact, they are considered to be the most balanced of all of the sources of essential amino acids. They are a nutritional powerhouse packed with **Vitamins A, B** complex, **D**, and **E**; they also contain minerals including calcium, copper, iron, magnesium, potassium, phosphorus and zinc.



Thyme

Its soft textured aromatic leaves offer a wonderful Mediterranean flavor delivering a savory herb taste.

Excellent paired with poultry dishes, pasta, soups and stews .

An excellent source of vitamin A and C, and a good source of iron, manganese, copper, and dietary fiber.



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	<p><u>Watercress</u></p> <p>Rich in vitamins A, C and K and minerals such as magnesium and calcium. These nutrients are essential for maintaining a healthy body and for bone strengthening. For preserving skin freshness, maintaining normal vision and even reducing the likelihood of different types of cancer.</p>
	<p><u>Pearls Kit</u></p> <p>These exquisite “pearls” have long shelf life, rich flavor, crispiness and makes them ideal for garnishing gourmet dishes.</p> <p>The kit contains 5 punnets to choose from the list of products that are approved for the Pearl product.</p>
	<p><u>Chef Kit</u></p> <p>A presentable assortment of seven microgreens specially packed in a handy kit.</p> <p>Selection can be made from the following list:</p> <p>Sakura, Pea shoots, Mustard green/red, Rocket, Red Chard (green bull's blood), Pak Choy green/red, Mizuna green/red, Kale, Broccoli.(For the USA see approved list).</p>
	<p><u>Mini Chef Kit</u> NEW</p> <p>A presentable assortment of three microgreens specially packed in a handy mini-kit.</p> <p>Selection can be made from the following list:</p> <p>Sakura, Pea shoots, Mustard green/red, Rocket, Red Chard, Beet bulls blood, Pak Choy green/red, Mizuna green/red, Kale, Broccoli.</p>

	<p><u>Oxalis Bronze Corral</u></p> <p>An edible wild plant in the wood-sorrel family.</p> <p>Contains oxalic acid, giving the leaves and flowers a sour acidic taste that is reminiscent of sorrel which make them refreshing to chew.</p>
	<p><u>Oxalis Red Corral</u></p> <p>An edible wild plant in the wood-sorrel family.</p> <p>Contains oxalic acid, giving the leaves and flowers a sour acidic taste that is reminiscent of sorrel which make them refreshing to chew.</p>
	<p><u>Oxalis Red Butterfly</u></p> <p>An edible wild plant in the wood-sorrel family.</p> <p>Elegant with pretty looking leaves. It throws out one last bit of magic with its white flowers that emerge above the darker colored purple foliage below, creating a strong contrast that really makes them stand out.</p> <p>Contains oxalic acid giving the leaves and flowers a sour acidic taste reminiscent of sorrel which make them refreshing to chew.</p>
	<p><u>Basil Neto</u> NEW</p> <p>More leaves – less stems. A product with Zero wastage, which is 100% Usable.</p> <p>Harvested in a unique serving size - larger than Micro leaves, yet much smaller than mature the Basil herb, with great proportion of leaf and stem.</p> <p>Highly fragrant, in its rich dark green color leaves and concentrated sweet flavor.</p>

NEW - growing in 2BFresh:

- Turnip
- Dill
- Radish Daikon

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