



Fresh Nutrition. Sprouted Daily. 

Grow vibrant, nutrient-rich sprouts in just days!

# MICROGREEN SYSTEM

The background of the advertisement is a photograph of a microgreen growing system. It shows a shallow tray filled with soil and small pebbles. Numerous green sprouts with long, white roots are growing out of the soil. In the foreground, there are several small wooden bowls containing different types of sprouts, some with long roots and others with shorter roots. The overall scene is bright and fresh, emphasizing the natural and healthy nature of the product.



**Tiny greens.  
Massive nutrition.** 

Microgreens are packed with vitamins, antioxidants, and fresh flavour — making every meal healthier.

Grow your own today.





# TRUELEAF

SEED CO.

Fresh. Powerful. Delicious. 

Microgreens can contain up to  
**40x more nutrients**  
than mature vegetables.




✓ Add them to salads,  
✓ sandwiches, smoothies  
or bowls for an  
✓ instant  
nutrition  
boost.

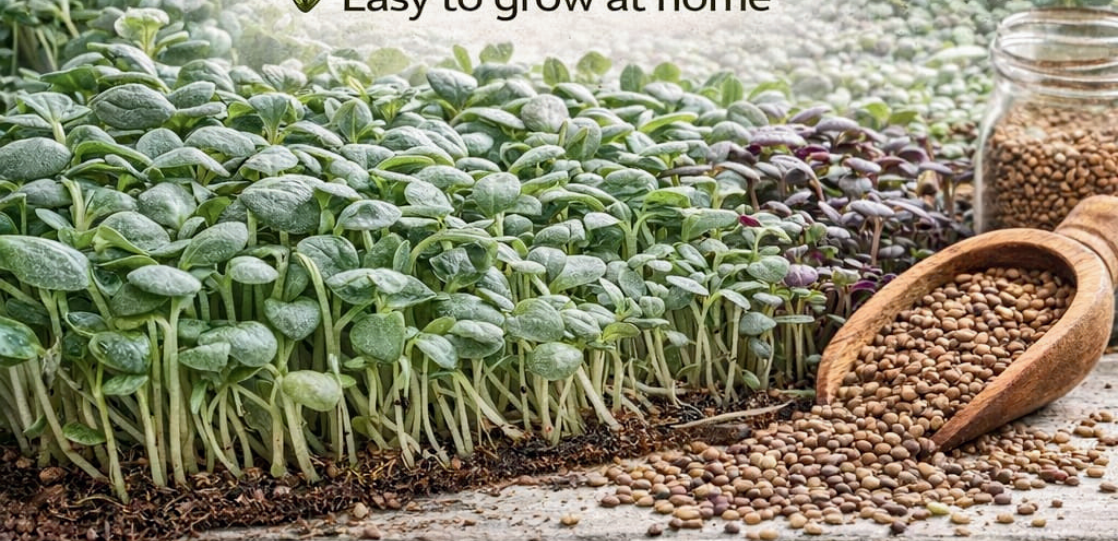




From seed to superfood in days 

Microgreens are one of the fastest and healthiest crops you can grow.

-  Nutrient-dense
-  Incredible flavour
-  Easy to grow at home



# Growing Guide

## 1. Prepare Your Tray

Add 2 to 4cm of growing medium to the tray and level is gently.

## 2. Sow Your Seeds

Spread seeds evenly for full, dense coverage.

Trueleaf Seed are selected for strong germination and uniform growth.

## 3. Water Gently

Mist thoroughly until evenly moist.

## 4. Cover and Germinate

Cover tray for 2 to 4 days to encourage strong root development.

## 5. Introduce Light

Move them to bright light once sprouts emerge.

## 6. Water Daily

Keep medium moist using light watering (mist) or bottom watering - NO overwatering.

## 7. Harvest

Harvest when first true leaves appear (7 - 14 days).

Cut just above soil level.



# Tips for Success

1. Keep airflow consistent.
2. Avoid overwatering.
3. Use clean trays every time.
4. Rotate trays regularly for even growth.



# Common Problems & Solutions

## 1. Mold

Improve airflow and reduce moisture.

## 2. Leggy Growth

Increase light exposure.

## 3. Slow Growth

Maintain temperature of 18 - 24 degrees celcius.



# Recipes

## Green Smoothie with Pea Shoots

Chock-full of healthy ingredients and almost-like-a-milkshake delicious, this smoothie with pea shoots is a true nutritional powerhouse. It's almost overflowing with Vitamins A, B, C, E & K and provides the perfect balance of healthy fats, protein and carbohydrates to be nicely filling.

### Ingredients:

- Juice of 1 orange
- 1 medium banana
- 3 tablespoons nut butter  
(No added salt and sugar)
- 1 teaspoon maca powder
- 1 teaspoon wheatgrass powder
- 1 cup almond milk
- 1 packed cup pea shoots
- 1 - 2 teaspoons raw honey (optional)



### Method:

1. Combine all the above ingredients in a high speed blender and blend until smooth.
2. Transfer into a glass and enjoy!
3. The recipe makes one serving.



# Simple Arugula Microgreen Pesto

Micro Arugula, Basil, Radish and many other varieties can be made into amazing fresh, homemade pesto.

## Ingredients:

- 2 cups arugula microgreens
- 3 tablespoons pine nuts
- 4 peeled cloves garlic
- half teaspoon sea salt
- 4 tablespoons Nutritional Yeast
- 2 - 3 tablespoons extra virgin, cold pressed olive oil.



## Method:

1. Combine and blend all the ingredients in a food processor/high speed blender and blend until well blended.
2. The pesto stores well for up to a week in the fridge and up to six months in the deepfreez.



# Microgreen Salad with Peaches & Avo

This salad is perfect for a light and healthy lunch.

## Ingredients for the dressing:

- quarter cup extra virgin, cold pressed olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 tablespoon pure, raw honey
- half clove garlic, minced
- salt and pepper, to taste

## Ingredients for the salad:

- 4 cups microgreens
- 2 peaches, sliced
- 1 avocado, thinly sliced
- half small red onion, thinly sliced
- half cup feta cheese, crumbled
- half cup pecan nuts, toasted and chopped



## Method:

1. Make the dressing by combining the olive oil, balsamic vinegar, Dijon mustard, honey and garlic in a small jar with a lid. Cover and shake until mixed well. Taste, add salt and pepper to taste. Set aside.
2. Place the microgreens, peached, avocado, red onion, feta cheese and pecans into a large bowl and toss to combine.
3. Drizzle with the prepared dressing and toss gently. Serve.



# Cream Cheese Avocado Toast

This simple and delicious version of avocado toast has a healthy dose of cream cheese, juicy heirloom tomatoes, poached egg and microgreens!

## Ingredients:

- 2 thick slices of sourdough bread, toasted
- 1 avocado, pitted
- quarter teaspoon salt
- squeeze of lemon
- 2 poached eggs
- 1 heirloom tomato, sliced
- cream cheese
- microgreens
- salt and pepper



## Method:

1. In a small bowl, mix together the avocado, salt and lime juice. Smash with a fork until desired consistency is reached.
2. Spread the toasted bread with a generous layer of cream cheese, then top with the smashed avocado and tomato slices.
3. Top with the poached eggs and a generous handful of microgreens. Season with salt and pepper and devour!



GROW FRESH, HEALTHY MICROGREENS AT HOME!

# Trueleaf Seed Co

## MICROGREENS

Harvest in Just  
**7-14**  
Days!

Tiny Greens,  
Big Nutrition!



**NUTRIENT  
DENSE**



**EASY TO  
GROW**



**FAST  
HARVEST**



**RICH IN  
ANTIOXIDANTS**



**HIGH  
YIELD**

### WHAT YOU CAN GROW

- Broccoli
- Radish
- Sunflower
- Pea Shoots
- Mustard
- Basil
- Coriander
- Kale
- Red Cabbage
- And More!



### WHY GROW MICROGREENS?

- Super nutritious
- Bursting with flavor
- Grow all year round
- Require little space
- Save money & eat healthy



GROWN BY YOU  
SUSTAINABLE

FRESHER THAN  
STORE BOUGHT

GOOD FOR YOU  
GOOD FOR THE PLANET

Start Growing Today!

[www.trueleafseeds.co.za](http://www.trueleafseeds.co.za)

@trueleafseedco