

Arugula



Considered as one of the most useful and healthiest natural superfood, this plant adds a health supplement to a variety of menus. Arugula is also known as rocket.

The Arugula microgreen is flavorful with a peppery taste. The leaf is similar to the oak leaf. It is a great source of folic acid, iron, copper and a variety of minerals and vitamins A, C and K.

HEALTH BENEFITS

- Boost for bone and brain health
- Detoxifying food
- Reduce risk of cancer
- Boosts healthy bones
- Antioxidant
- Improves eyesight
- Good for healthy skin
- Improves mineral absorption
- Activates the immune system
- Beneficial for weight management
- Natural aphrodisiac
- Lowers blood pressure
- Protects the aging brain and cognitive decline
- Reduces the amount of oxygen needed during exercise & enhances athletic performance
- Helps keep body hydrated
- <http://www.microplantsrobert.com/en/microgreens-aragula.html>