

Purple Basil Microgreens

Type	
Price	159
External URL	https://www.trinityfarms.in/product/dark-opal-basil-microgreens/
Keywords	Purple Basil Microgreens, Microgreens, Health Benefits Of Basil Microgreens
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Purple basil microgreens is the most popular culinary herb, which is widely used in different varieties of cuisine. It is most often grown in the summer season. It wilts quickly with the first sign of winter. Basil is amazing to eat and smells good. It can be used in cocktails, soup, dressing on buttermilk, sandwich, burgers and more. If you have been looking for a refreshing and healthy food for summers then nothing could be better than purple basil. It not only keeps you refreshed but also offers enough of health and nutritional benefits to your body

It has the potential to prevent cancer as it contains phytochemicals that include eugenol, rosmarinic acid, apigenin, luteolin and more. It also helps to prevent certain types of oral, liver, skin and lung cancers.

Nutritional Benefits

Vitamins A , B, C, E, and K.

Calcium, Choline, Iron, Magnesium, Manganese, Niacin, Phosphorus, Potassium, Zinc

Chlorophyll, Amino Acids

Antioxidants

Protein: 3%

Health Benefits of Purple Basil Microgreens

Fights cancer

Promotes cardiovascular health

Contains anti-bacterial properties
Diabetes management
Supports liver function
Promotes healthy gut
Fights free radical activity

SUPPLIER

Trinity Farms



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Bangalore's hyper-local farm growing nutritious, pesticide free, organic microgreens and exotic leafy greens. Buy microgreens & lead a healthy lifestyle. Trinity Farms is a commitment to living fresh. We want to provide healthy and nutritious food to every household, as we think that it's important to promote better lifestyles. We want to revitalize our country and provide the neighbourhood with the Zero Mile Diet™, meaning that they'll be able to harvest food only minutes from their own home. At Trinity Farms we take fresh produce to a whole new level. Our grow room, located in Bangalore provides local restaurants, markets and anyone wanting the finest quality varieties of microgreens.

For more details, please visit <http://www.indiafinder.in/detail/trinity-farms-9574>