

Salad Greens

Fresh

(Harvested immediately before delivery)

Local

(All grown 4 minutes from Southtown)

Nutritious

Organic, soil-based, harvested at micro and baby life-stages)

Delivered to You

(On your Southtown doorstep)



Baby kale is sweeter and provides maximal nutrient availability



Tender **baby lettuce** varieties melt in your mouth, providing many more nutrients per bite than leaf or head lettuce



Spicy **greens** add intense flavor bursts and a supercharge of vitamins and minerals



Sweet Pea and Sunflower Shoots:

Harness all of the stored seed power without the negative side effects of eating legumes and pulses. These shoots are harvested 4 days after sprouting in organic soil and just after photosynthesis begins so you get phenomenal taste while delivering the greatest phytonutrient density available.

From our salad garden this season:

(All harvested at baby or micro stage)

Greens:

Kale, Kohlrabi, Collard, Tatsoi, Mizuna, Mustard, Arugula, Green and Red Pac Choi, Sorrel, Spinach

Lettuces:

Red and Green Oakleaf, Red Romaine, Red and Green Leaf

Shoots and Microgreens:

Sweet Pea, Sunflower

\$30 Weekly Box Delivery

You get all of the phytonutrients you need to replenish, sustain, and enjoy your week

Limited Availability and Delivery Day Selection:

call John Garland

(956) 342-3581

garlandanddaughters@gmail.com

My growing practices:

Soil-based: Though you can get plenty of greens and lettuces from hydroponic production, growing in rich, organic soil ensures the availability of micronutrients, and maximizes flavor.

Harvest and Delivery: Vegetables lose nutritional value at an exponential rate after harvest. I immediately place our greens in a chilling ice bath after cutting, and after a second and third rinse, get them to you as fast as possible. The structure and taste of the greens will last weeks, but you should be giving your body greens harvested within hours--or no more than a few days.

Organic fertility and pest control: Because baby and micro greens are so tender and fragile, I grow them in a small greenhouse and a long hoop house. This offers them protection from potential pests. The soil is fertilized with organic compost, worm castings and teas.



Greens growing in a hoop house on Pecan Valley Rd, 4 minutes away



Who we are:

We're your neighbors! I walk my daughters to Bonham Elementary each morning, run the river with my dog, and cycle to our small farm. I've been growing organic vegetables for the last decade for market and schools in the Rio Grande Valley and recently moved to be close to family in San Antonio. I have been selling microgreens to upscale restaurants, but would prefer to get fresh veggies onto plates in the neighborhood. Garland and Daughters LLC was set up and is run in a way that maximizes nutritional meals, father-daughter time, and fun in the garden.