

CROPS

Specialty crops grown with organic and sustainable farming techniques

ALFALFA



Flavones: Apigenin, Luteolin, Adenosine
Chlorophyll
Saponins: Soyasapogenol B3, Soyasapogenol E3, Medicagenic Acid, Bayogenin, Hederagenin, Soyasapogenol A, Soyasaponin I, Fomononetin, Zahmic Acid
Flavonols: Quercetin
Carotenoids: Beta Carotene, Alpha Carotene, Beta Cryptoxanthin

KIDNEY BEANS




Chlorophyll & Flavonols
Saponins: Soyasaponin V, Soyasaponin I
Phenolic Acids: Ferulic Acid, p-Coumaric Acid, Sinapic Acid, Feruloyl-malate, Coumaroyl-malate
Flavonols: Quercetin, Quercetin-3-glucuronide, Quercetin-3-glycoside, Quercetin-3-acetyl-glycoside, Kaempferol, Kaempferol-3-glycoside, Kaempferol-3-O-rutinoside, Kaempferol-3-O-acetyl-glucoside, Kaempferol-3-O-glucoside, Kaempferol-3-O-xylosyl-glucoside, Rutin,
Isoflavonoids: Genistein
Lignans: Lariciresinol, Pinoresinol, Secoisolariciresinol, Syringaresinol

BARLEY



Chlorophyll
Phenolic Acids: Ferulic Acid, Chlorogenic Acid
Flavonols: Saponarin, Lutronarin
Flavones: Luteolin, Cynaroside, Orientin, Isoorientin, Vitexin, Isovitexin, Luteolin-3-7-dl-glucoside
Fiber: Arabinoxylan

OATS



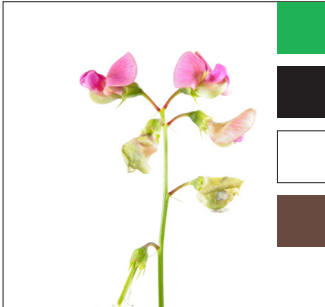
Saponins: Avenacoside A, Avenacoside B
Phenolic Acids: 4-Hydroxybenzoic Acid, Hydroxybenzaldehyde, Vanillic Acid, Ferulic Acid, p-Coumaric Acid, Sinapic Acid
Avenanthramides: Avenanthramide A, B, C and E
Flavanones: Neohesperidin
Fiber: Beta-glucan, Arabinoxylan, Type 1 Resistant Starch
Lignans: Lariciresinol, Medioresinol, Pinoresinol, Secoisolariciresinol, Matairesinol, Syringaresinol

BETROOT




Flavonols: Quercetin
Flavones: Luteolin
Lignans: Secoisolariciresinol
Nitrate
Betalains: Betanin, Isobetanin

PEAVINE



Chlorophyll
Carotenoids: Lutein, Zeaxanthin
Flavanols: Catechin, Epicatechin, Galliccatechin, Epigallocatechin
Saponins: Soyasaponin I, Soyasaponin βg
Flavonols: Quercetin, Kaempferol
Phenolic Acids: Sinapoyl-glucoside
Lignans: Lariciresinol, Medioresinol, Secoisolariciresinol, Pinoresinol, Syringaresinol

BRUSSEL SPROUTS



Chlorophyll & Myrosinase
Glucosinolates: Glucobrassicin, Glucoiberin, Sinigrin, Progoitrin, Glucoraphasatin, Glucoraphanin, Gluconapin
Carotenoids: Lutein
Carotenoids: Beta Carotene
Flavones: Luteolin
Flavonols: Kaempferol, Quercetin
Fiber
Lignans: Lariciresinol, Pinoresinol, Secoisolariciresinol

SPANISH BLACK RADISH



Myrosinase
Glucosinolates: Glucoraphanin, Sinigrin, Glucoraphenin, Gluconapin, Glucobrassicinapin, 4-MeOH Glucobrassicin, Glucoerucin, Glucoraphasatin, Glucobrassicin, Neoglucobrassicin
Tannins
Saponins
Fiber

BUCKWHEAT




Chlorophyll
Carotenoids: Lutein, Zeaxanthin
Flavonols: Rutin, Quercetin
Carotenoids: Beta Carotene
Anthocyanidins: Cyanidin, Cyanidin-3-glucoside, Cyanidin-3-galactoside

SWISS CHARD



Chlorophyll
Carotenoids: Lutein, Zeaxanthin
Carotenoids: Beta Carotene
Flavonols: Kaempferol, Myricetin, Quercetin
Lignans: Secoisolariciresinol
Betalains: Betacyanins, Betaxanthins

KALE



Chlorophyll & Myrosinase
Glucosinolates: Glucoraphanin, Sinigrin, Gluconapin, Glucobrassicinapin, Glucoerucin, Glucoraphasatin, Glucobrassicin, 4-MeOH Glucobrassicin, Neoglucobrassicin
Carotenoids: Lutein
Carotenoids: Beta Carotene
Flavonols: Kaempferol, Quercetin
Fiber
Lignans: Lariciresinol, Matairesinol, Pinoresinol, Secoisolariciresinol

KALETTE



Chlorophyll
Myrosinase
Glucosinolates: Glucobrassicin, Glucoiberin, Sinigrin, Progoitrin, Glucoraphasatin, Glucoraphanin, Gluconapin, Glucobrassicinapin, Glucoerucin
Carotenoids: Lutein, Zeaxanthin
Carotenoids: Beta Carotene

TURNIP GREENS



Chlorophyll
Myrosinase
Glucosinolates: Neoglucobrassicin, Glucobrassicinapin, Glucoraphasatin
Carotenoids: Lutein, Zeaxanthin
Carotenoids: Beta Carotene
Flavonols: Kaempferol, Quercetin
Phenolic Acids: Gallic Acid, Protocatechuic Acid, Caffeic Acid, Ferulic Acid
Ellagic Acid

PHYTOACTIVES

WHAT ARE PHYTONUTRIENTS?

Phytonutrients are natural, plant-derived compounds that support life and offer protection – innately in plants but for plant-eating humans as well. For example, a 2014 meta-analysis found that the more vegetables eaten, the lower the risk of all-cause mortality.¹

WHY CARE ABOUT PHYTONUTRIENTS?

The human body needs phytonutrients in a different way than it needs nutrients like protein, vitamins, and minerals. Phytonutrients are uniquely able to satisfy free radicals circulating in the body looking for electrons. By providing electrons, phytonutrients

prevent free radicals from taking electrons from proteins or other nutrients, a “theft” that leads to oxidative stress.

HOW ARE PHYTONUTRIENTS AND FOOD COLOR CONNECTED?

Different plant colors are associated with the beneficial protection of phytonutrients, and encouraging diversity of plant-based colors in a given meal can be a great method for improving diet choices.



Flavones: Promote antioxidant, anticancer, antimicrobial, and anti-inflammatory activity

Chlorophyll: Green pigment in plants with potential anti-inflammatory, antioxidant, and anti-bacterial activity

Myrosinase: Enzyme found in plant tissue that initiates conversion of glucosinolates to bioactive isothiocyanates

Glucosinolates: Sulfur-containing secondary metabolites mostly found in cruciferous vegetables, when activated by myrosinase from the plant or after ingestion by gut bacteria, associated with positive effects stemming from antioxidant activity such as cardio-protection and detoxification support

Carotenoids: Antioxidants with anti-cancer potential that may lower risk of macular degeneration

Flavanols: Promote antioxidant, anticancer, antimicrobial, and anti-inflammatory activity

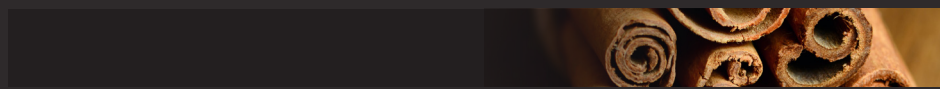


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Flavonols: Phytoactive compound with anti-inflammatory, anti-microbial, and anti-cancer activities

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Flavanones: Colorless flavonoid compounds with antioxidant activity



Saponins: Phytoactive compounds that support the immune system and promote healthy cholesterol and blood glucose levels

Tannins: Large set of diverse phenolic compounds found in plants that contribute to antioxidant activity, antimicrobial action and distinct dark color



Flavonols: Promote antioxidant activity and promote vascular health

Phenolic Acids: Phytoactive compounds that promote antioxidant activity and promote vascular health

Isoflavonoids: Phenolic compounds with direct antioxidant effects

Avenanthramides: Phenolic acids exclusive to oats with antioxidant and anti-inflammatory activities and a bitter perception



Anthocyanids: Purple and red pigments concentrated in buckwheat stems with strong antioxidant and anti-inflammatory activity



Nitrate: Supports exercise performance and cardiovascular health

Betalains: Natural pigments with antioxidant, anti-cancer, anti-lipemic, and anti-microbial properties

Ellagic Acid: Potent antioxidant compound with anti-cancer potential



Fiber: Promote healthy cholesterol levels, promote cardiovascular health, and support healthy bowel function

Lignans: Large plant polyphenolic compounds that bypass human digestion, feed gut bacteria, and provide antioxidant activity