



Alegría

LOCALLY-GROWN,
NATURALLY!

FRESH

BEAUTIFUL SALAD GREENS // HIGHLY NUTRITIOUS
SAME-DAY HARVEST // CLEAN & NATURAL // PESTICIDE FREE
TAILORED TO YOUR PALETTE // GREAT TASTE
DELIVERED TO YOUR DOOR!

SALAD GREENS

- | | | |
|--|--|---|
| <input type="checkbox"/> Romaine
(Green and Red) | <input type="checkbox"/> Mint | <input type="checkbox"/> Amaranth |
| <input type="checkbox"/> Summer Crisp | <input type="checkbox"/> Peppermint | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Butterhead Lettuce | <input type="checkbox"/> Cilantro | <input type="checkbox"/> Chinese Cabbage |
| <input type="checkbox"/> Chard (Golden,
Ruby and Rainbow) | <input type="checkbox"/> Lemon Basil | <input type="checkbox"/> Brussel Sprout
Greens |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Sweet Basil | <input type="checkbox"/> Collard Greens |
| <input type="checkbox"/> Blue Kale | <input type="checkbox"/> Shiso Basil | <input type="checkbox"/> Bok Choy |
| | <input type="checkbox"/> Parsley (Italian) | <input type="checkbox"/> Pak Choy |
| | <input type="checkbox"/> Parsley (curly) | |

VEGETABLES (IN SEASON)

- Tomatoes (Heirloom Beefsteak, Japanese Black Trifele, Black Krim, Black Sea Man, Yellow Brandywine, Black Zebra)
- Zucchini (Roman, Yellow, Italian)
- Blue Turban Water Squash
- Chiles (Jalapeño, Serrano, Habanero, Chilitipin, Piquin, Ancho, Anaheim, Sweet Bell, Tabasco, Cobra, Chile Arbol)

LOCALLY-GROWN, NATURALLY

- Hydroponic vertically grown vegetables are clean and natural and use no pesticides.
- Vegetables grown sustainably – using 90% less water, 50% less fertilizer, 90% less energy and 70% less land than traditional organic farming.
- Vegetables grown locally – right down the street in Laguna Beach – saving fuel and reducing the environmental impact of transporting produce across continents to your door.
- Leafy greens contain the highest concentration of nutrients per calorie of any food that exists in nature.
- Eating fresh greens close to the time they are picked provides the most nutrients and enzymes possible.
- Natural opiates occur in lettuce when it is consumed within several hours of harvest.

HEALTHY FACTS

- Dark leafy greens are an excellent source of low fat, bioavailable protein.
- 50% of the calories in Romaine Lettuce come from protein.
- One cup of Kale has only 33 calories and 2 grams of protein. Measured by calorie, it has over 3 times more protein than steak. Blue Kale contains Omega-3 and 6 Essential Fatty Acids and is high in Vitamins A, C, K, plus vitamins B6, folate, and other essential minerals including 10 percent of the daily recommended intake of calcium.
- Eating more plant-based foods, which are rich in phytochemicals, prevents oxidative stress in the body, the process that leads to cancer, heart disease and obesity, according to findings in the *Journal of Human Nutrition and Dietetics* and numerous other scientific studies.

PRODUCE BOUQUET DELIVERY PRICING

- 1x** per week for **\$100** per month (\$25 per delivery)
- 2x** per week for **\$160** per month (\$20 per delivery)
- 3x** per week for **\$240** per month (\$20 per delivery)

SUBSCRIBE TODAY:

Call Jessica McLeish at (949) 294-3554 or order online at www.AlegríaFresh.com

Indicate what days and times you would like your delivery, and let us know if you prefer some greens more than others or if you would like to exclude any varieties of greens. Super healthy catering for parties also available!

Please make checks payable to: **Alegría Fresh**

Alegría FARM

2675 LAGUNA CANYON ROAD, LAGUNA BEACH, CA 92651

CALL ERIK CUTTER FOR PRIVATE TOUR: 949.230.2486

