



# 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

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

## 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.

## VEGETABLES (IN SEASON, ADDITIONAL CHARGES APPLY)

- \* Tomatoes \$6/lb (Heirloom Beefsteak, Japanese Black Trifele, Black Krim, Black Sea Man, Yellow Brandywine, Black Zebra)
- \* Zucchini (Roman, Yellow, Italian)
- \* Blue Turban Water Squash \$4/lb
- \* Chiles (Jalapeño, Serrano, Habanero, Chilitipin, Piquin, Ancho, Anaheim, Sweet Bell, Tabasco, Cobra, Chile Arbol)

## 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](http://www.AlegríaFresh.com)

Delivered fresh to your door, each beautifully arranged bouquet of produce features exotic tasting greens and medicinal herbs packed with nutrition. Picked fresh the same day, this bouquet provides nature's most powerful bioavailable vitamins, minerals, enzymes and disease fighting phytonutrients. One bouquet is enough for several amazing salads, smoothies, juices or other delectable treats. You will not believe the flavor until you taste our clean & natural, pesticide-free, hydroponically grown, Alegría Fresh greens and vegetables.

The produce bouquet is pictured here. It includes leafy greens and herbs. It does not include vegetables, which can be purchased separately or on a private tour of the farm.

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

Alegría **FARM**

2675 LAGUNA CANYON ROAD, LAGUNA BEACH, CA 92651

CALL JESSICA MCLEISH FOR PRIVATE TOUR: 949-294-3554

