

MICROGREENS

PLANT TO PLATE:
Nutritional and Culinary Creations

\$62-\$80



Share the nutritional powerhouse of microgreens with your clients and colleagues through a virtual or in-person Gardenuity workshop with Nutritionist and Board Certified Wellness Coach, Emily Chapman.



Doug Platts

Chief Operating Officer

✉ doug@gardenuity.com

☎ 646.276.5514

gardenuityforbusiness.com



Pricing includes garden kit with seeds, Grow Pro perks, shipping and interactive workshop*
*Travel costs for in-person workshops are additional.

A plant-to-plate
experience for growing
everyday nutritional
and mental well-being.

WELL @ WORK

WORKSHOP OVERVIEW

What are microgreens?

Learn how to plant and grow your own Microgreens Desktop Garden.

Discover easy culinary ways to incorporate microgreens into your favorite foods.



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