

microgreens, more than 15 types of basil, several varieties of petite lettuces and edible flowers a few are listed below:

**City's MicroGreens:** To name a few Arugula, Basil (plus Lemon, Opal and Thai Basils), Beet Tops (Red Beet, Bull's Blood and Yellow Beet), Broccoli, Chard (Rainbow and Ruby Red), Red Amaranth, Red Cabbage, Red Russian Kale, and Tatsoi



### How to Reap the Health Benefits of Microgreens

To reap the health benefits of microgreens, eat them immediately after harvest. Microgreens, like most other superfoods that are consumed fresh, begin to lose their nutritional value rapidly after harvest. Consider growing your own microgreens at home as this will allow you to decide exactly when you harvest your crop. Ask us about our Home Kit.



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## City-Hydro



Fell's Point - Baltimore - Maryland

### "Fells Point First Vertical Farm"

**City-Hydro** takes fresh produce to a whole new level. Our artisan boutique greenery, located in Fells Point, supplies local restaurants, small local grocery stores and farmer's markets with the finest quality heirloom varieties of microgreens, petite greens, exotic herbs and edible flowers.

**City-Hydro's** cutting edge innovative in-hydro and aquaponic technologies allow us to take farming into the 21st century enabling us to grow super healthy, packed with flavor, 100% Organically grown, plants in a completely-controlled, self-sustainable environment. Plants are fed a 100% Organic diet, listen to Zen mantras, nurtured in a totally stress-free environment, just like mother nature intended.

**City-Hydro** "The Vertical Farm" living microgreens, petite greens, exotic herbs and edible flowers are delivered to our friends living. Our produce stays fresh in our easy-to-maintain our living trays for days. Ready to be harvested on demand – truly "farm to fork"

**City-Hydro's vision:** creating a stable supply of living produce, intelligently grown in our peaceful environment, ready to feed an urban consumer with no negative impacts on the environment nor the consumer. Our hands-on approach allows us to ensure you will always get the very best quality that mother nature has to offer.



**City-Hydro's** "MicroCarbon Footprint" is a vision both founders feel is the key to a more productive and happier environment, one where community and local, are more than just the buzz words of the day. Only in our "Zip Code" means just that each **City-Hydro** sells only within its "Zip Code", thus cutting carbon emissions, ensuring freshness, keeping it very local, keeping nutrition affordable with low prices and low overhead. The average City-Hydro uses on average 125.00 a month in utilities and less than 100 gallons



of water. As Masahiro Mosoi said so well: **"Farming cannot just be a simple capitalistic business practice. "**

**City-Hydro** in a box is available, with little investment with great return and rewards in a space as small as a 10'x10' space. Interested?

**City-Hydro** founders conducted a 2 year "Proof of Concept" prior to opening their doors in May of 2014, to ensure that this vision had merit and the product produced was the very best. Both goals were exceeded thus City-Hydro was born.

**City-Hydro** sells only young and living plants. City-Hydro founders found that eating young tender plants still living was much more beneficial. There is a reason our cohabitants only eat living tender young greens ! Nutrients, Taste, Digestibility....



### **What people do that destroys nutrients:**

- 1. Store.** The longer we (or the grocer) keep vegetables before using them, the more nutrients vanish
- 2. Cut.** When a vegetable is cut, it perceives it as an attack; it goes on the defensive and activates enzymes which destroys it's own nutrients. (Better to destroy yourself than be destroyed). The brown discoloration is the evidence. The more pieces you cut it into before you cook it, the more defensive the vegetable gets.
- 3. Cook.** Boiling makes it easy for nutrients to leach into the water. Over-cooking via any method diminishes nutrients by breaking

down the cells.

**4. Freeze.** Frozen food is pre-cooked to inactivate the enzymes (so it won't go on the defensive and turn brown); this makes it even more susceptible to over cooking once it gets into your pot. Vitamin C appears to be particularly vulnerable to freezing.

**5. Juice.** Juicing breaks the vegetable into such tiny parts that the nutrient loss begins rapidly. Very few nutrients will be left in the glass 24 hours later.

**City-Hydro's** Founders eat their own dogfood, everyday they consume what they nurture 14-16oz of Microgreens, petite lettuces, herbs and edible flowers are center



stage on most plates. Check out the photos at <http://instagram.com/cityhydro>

**City-Hydro** uses no pesticides nor fertilizers in their growing process. All Plants grow in food safe pans, microgreens grow on organic coconut fiber for approximately 10-14 days before they are ready. Petite lettuces on average are 20-25 days old.

**City-Hydro** grows some 30 plus types of