**Microgreens grown at Growing for Good!**

Thank you for participating in this 6-week microgreen trial for our PRWS families. You will receive one bag of cut microgreens (approximately 5 oz.) every Thursday, starting December 5th for only $6 per week. Please fill out the information below and put this form with payment in Justina Manspeaker’s parent box by November 22nd. If you have any questions, you can call/email Justina at 608-797-7826 or [bjustina@yahoo.com](mailto:bjustina@yahoo.com).

Your Name:

Phone/text: Email:

**Two options for ordering**: 1) If you would like the same variety each week, circle one OR 2) If you would like to alternate two varieties, circle two below.

Sunflower Broccoli Kale Pea Radish

Microgreen pick-up will be on **Thursday’s from 9am-4pm** in the PRWS office. You will receive a text reminder for the pick-up. If you are unable to pick-up on the designated day, please notify Justina. Pick-up dates are 12/5, 12/12, 12/19, 1/9, 1/16 and 1/23.

Amount: $36 ($6 per week, per bag). Please submit full payment with this form. Checks written to Growing for Good.

**A little about your microgreens** …

* They are highly flavorful, crunchy, and healthy.
* They are grown right here in Viroqua at Growing for Good, in organic, rich soil.
* They are packed with nutrients including vitamins, minerals and antioxidants.
* Research has shown that microgreens have a much higher nutrient content than mature greens.
* They are easy to add to meals – especially salads, scrambles, soups and sandwiches.
* And, the seeds are non-GMO.

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