



Alegría

LOCALLY-GROWN,
NATURALLY!

FRESH

REGENERATIVE ORGANIC SALAD GREENS
HIGHLY NUTRITIOUS SAME-DAY HARVEST // CLEAN & NATURAL
PESTICIDE FREE // SPECIALLY SELECTED SUPERFOODS
GREAT TASTE DELIVERED TO YOUR DOOR!

Welcome to the Alegría Farmacy!

Longevity, health and well-being is just a delicious salad away!

SALAD GREENS

HEALTHY FACTS



Amaranth

Scientific name: Amaranthus
Spanish name: Amaranto

- Amaranth belongs to spinach variety and contains over 60 species with a variety of colors. Amaranth is grown and consumed as a leafy vegetable in many countries around the world. It is commonly boiled, steamed, or included in soups and stir-frys. Cooked amaranth is 90% digestible.
- Amaranth is highly vitamin-rich and is a good source of vitamin A, vitamin B6, vitamin K, vitamin C, folate and riboflavin.
- Amaranth includes numerous minerals such as calcium, potassium, iron, copper, magnesium, phosphorus and especially manganese.
- Amaranth contains large amounts of protein, up to 30% more than wheat flour, rice and oats. The protein contained in amaranth is complete when compared to other plant sources, containing a complete set of amino acids. Essential amino acids, including lysine, which has clinically shown potential for cancer treatment, are prominent in amaranth. Amaranth contains dietary fiber and low cholesterol levels.
- The oils in amaranth have been shown to help prevent and treat those with hypertension and cardiovascular disease. Regular consumption of amaranth can reduce cholesterol levels and lower blood pressure.
- Amaranth has been noted to help boost the body's immune system.
- Amaranth is a valuable remedy in treating respiratory disorders. Drinking a tablespoon of fresh juice along with honey is remedy for chronic bronchitis, asthma, emphysema and tuberculosis.
- Regular use of amaranth is useful in preventing premature old age since it prevents the disturbance of calcium and iron metabolism, which usually occurs in the aging process. Some research has even shown that grain amaranth shows promise in prevention of premature greying of the hair. Regular supply of calcium and iron found in amaranth can prevent improper molecular movements of iron in the tissues and prevent premature aging.
- The rich content of folic acid in amaranth protects women from ovarian cancer and miscarriage.
- While still new to Europe and America, amaranth seeds, such as buckwheat and quinoa, are becoming more popular in restaurant dishes and food stores. In Mexico, the popped seeds are made into a sugary treat called alegria. In Nepal, amaranth is made into a gruel named sattoo. Peruvians ferment these amaranth seeds to produce a type of beer. A common food source in Africa, grain amaranth is valued for its ability to improve nutrition while supporting rural development and sustainable farming.