



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



Kale

Scientific name: Brassica oleracea
Spanish name: Col rizada

- Queen of Greens – Kale is one of the most nutrient packed greens available.
- One cup of kale contains 36 calories, 5 grams of fiber, and 15% of the daily requirement of calcium and vitamin B6 (pyridoxine), 40% of magnesium, 180% of vitamin A, 200% of vitamin C, and 1,020% of vitamin K. It is also a good source of minerals copper, potassium, iron, manganese, and phosphorus.
- High concentration and excellent source of antioxidant vitamins A and C -- and sulphur-containing phytonutrients.
- Kale is rich in carotenoids and flavonoids, specific types of antioxidants associated with many of the anti-cancer health benefits. Kale is also rich in the eye-health promoting lutein and zeaxanthin compounds.
- Beyond antioxidants, the fiber content of cruciferous kale binds bile acids and helps lower blood cholesterol levels and reduce the risk of heart disease, especially when kale is cooked instead of raw.

- Rich in the powerful antioxidant vitamin K, kale can help reduce the overall risk of developing or dying from cancer, according to a study in the American Journal of Clinical Nutrition.
- Vitamin K is necessary for a wide variety of bodily functions, including normal blood clotting, antioxidant activity, and bone health.