

We Grow Microgreens, LLC
Growth Plan
Manila Avenue, Hyde Park, MA
10/26/2017

Prepared by *We Grow Microgreens, LLC*

Co-Owners- Lisa Evans

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617-877-0465 Tim

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www.wegrowmicrogreens.com

Facebook: [We Grow Microgreens, LLC](#)



Background: *We Grow Microgreens, LLC*, founded and operated by urban growers Lisa Evans and Tim Smith, specializes in growing highly nutritious microgreens and edible flowers using sustainable growing practices. Presently, the main headquarters of operations is a greenhouse and sunroom addition in the Roslindale neighborhood of Boston, Massachusetts,

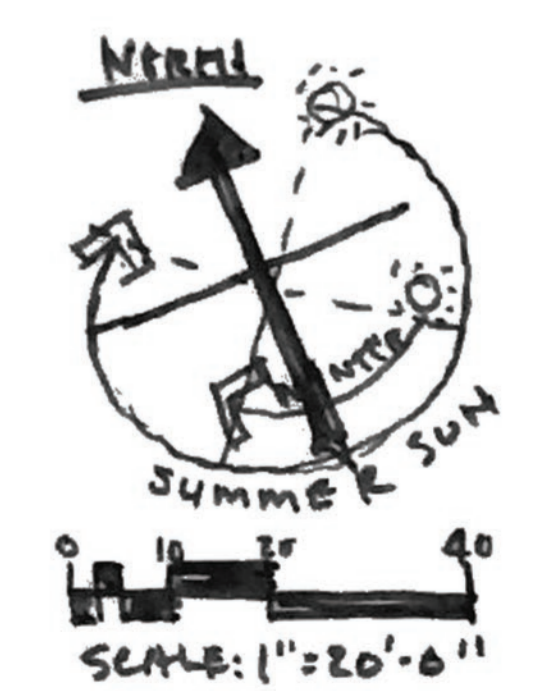
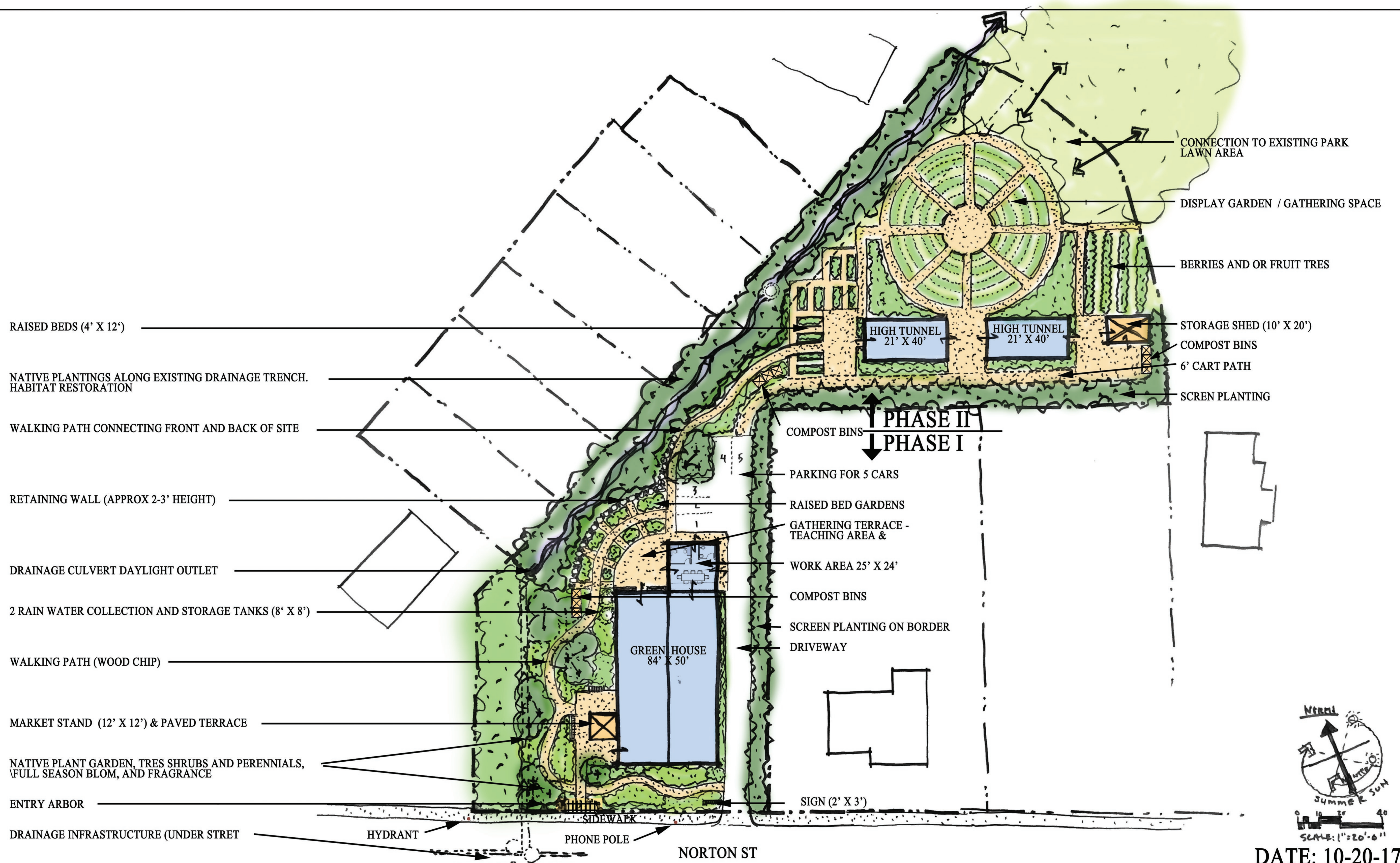
Microgreens are tender, edible seedlings of vegetables and herbs grown to the first true leaf stages. In comparison to their mature plant counterparts, microgreens provide approximately five to forty times more vitamins and carotenoids. Microgreens can provide strong flavors, bright colors and interesting textures as garnishes for salads or entrees.

We Grow Microgreens, LLC developed in 2016 after Tim and Lisa were inspired by their interest in the health benefits of eating microgreens, and their collective passion for farming. Evans became fascinated with the curative properties of the tender greens when she experienced the benefits of eating primarily a microgreen diet at the Hippocrates Health Institute while studying nutrition. Smith is an urban gardener who has won local awards for various produce and gardens, such as plant submissions to the Boston Flower Show and entries into the City of Boston garden contest. Evans and Smith effectively use potting soil as a growing medium to nourish the microgreens and also use organically sourced seeds when possible. After harvest, the soil is composted thereby creating minimal waste.

The couple has received very positive press about their product. **WBZ- CBS Channel 4 Boston** Friday night news discussed how the two public school teachers became urban farmers. **The Boston Globe** discovered We Grow Microgreens, LLC when shopping one day at Volante Farms. They were so impressed with the microgreens that they did a story on the front page of the Food section. **Edible Boston Magazine** also featured We Grow Microgreens, LLC in their Winter 2015 edition and discussed the nutritional value of microgreens. **Ask This Old House** has aired a show on Smith teaching viewers how to grow microgreens. More information can be found at www.wegrowmicrogreens.com.



Renderings of proposed urban farm on Manila Ave. by Volunteer Architect Maria McMorran



DATE: 10-20-17

30' DRAINAGE EASMENT
SITE ACCESS

NATIVE GARDEN BORDER
FRUIT TREES, SHRUBS &
PERENNIALS

ENTRY ARBOR
ACCESS TO
FARM STAND

FARM STAND

GREENHOUSE STRUCTURE - 17' HEIGHT,
50' WIDTH, PERENNIAL GARDEN BORDER

2' X 3'
SIGN

DRIVEWAY
ACCESS

BORDER
SCREEN
PLANTING

NEIGHBOR
19 NORTON ST,

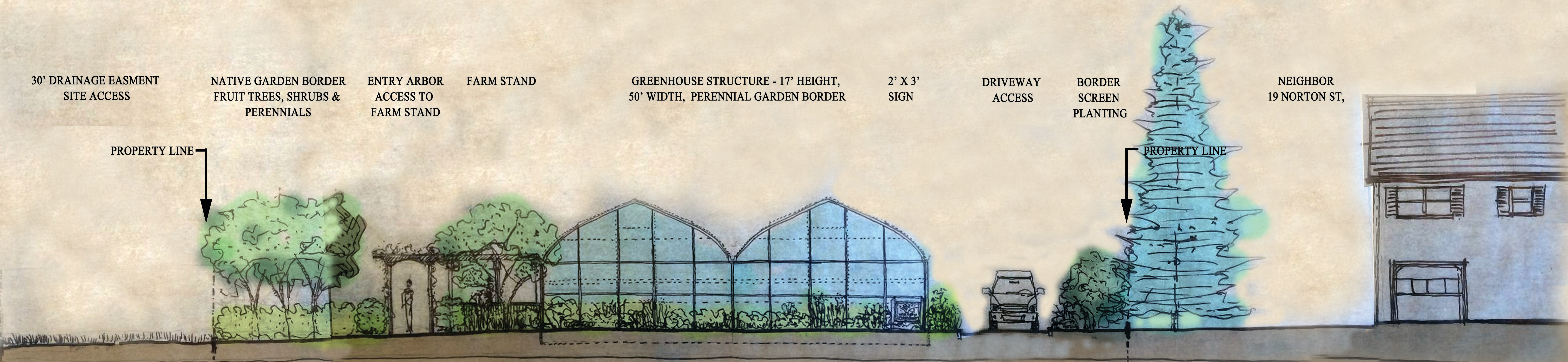
PROPERTY LINE

PROPERTY LINE

SITE PLAN - WE GROW MICROGREENS
PROPOSED URBAN FARM - NORTON ST, HYDE PARK

WESLEY WIRTH - THOMAS WIRTH ASSOCIATES
LANDSCAPE ARCHITECTURE SHERBORN MA 617-640-2412

SCALE: 1/4" = 1'-0" - DATE: 10-20-17



We Grow Microgreens (/)

(//www.etsy.com/profile.php?id=100008



Proposed urban farm renderings for expansion plans by volunteer Architect, Maria McMorran.

We Grow Microgreens, LLC, by urban growers Lisa Evans and Tim Smith specializes in growing highly nutritious microgreens using organic and sustainable growing practices. Microgreens are tender, edible seedlings of vegetables and herbs grown to the cotyledons (seed leaves) or first true leaf stages. In comparison to their mature

plant counterparts, microgreens provide approximately five times more vitamins and carotenoids. Unlike sprouts, microgreens are grown in soil and only the stem and the leaves are eaten not the root as is done with sprouts. Similar to sprouts, they are valued for their high nutritional value. Microgreens can provide strong flavors, bright colors and interesting textures as garnishes for salads or entrees.

Their greenhouse is in the Roslindale neighborhood of Boston, Massachusetts where they are using predominantly natural sunlight for growing. Evans experienced the benefits of eating primarily a microgreen diet at the Hippocrates Health Institute and became fascinated with the curative properties of the tender greens. Smith is an urban gardener who has won local awards for various produce and garden. They use potting soil as a growing medium and try to find organically sourced seeds. After harvest, the soil is composted thereby creating minimal waste.

Sign-up for a CSA Farm share of 16 ounces of microgreens at **Clover Food Lab** (<https://cloverfoodlab.wufoo.com/forms/clover-farmshare-summer-2016/>) in Boston, Brookline and Cambridge.

WBZ- CBS Channel 4 Boston (<http://boston.cbslocal.com/2016/02/26/microgreens-boston-roslindale-urban-farmers/>) Friday night news discussed how the two public school teachers became urban farmers.

The Boston Globe (<https://www.bostonglobe.com/lifestyle/food-dining/2015/11/10/how-small-their-garden/eaR2yWnp4glouYZQ6CIMN/story.html>) discovered We Grow Microgreens when shopping one day at Volante Farms. They were so impressed with the microgreens that they did a story.

Edible Boston Magazine (<http://www.edibleboston.com/blog/tiny-greens-help-grow-the-business-5g78n?rq=microgreens>) also featured their microgreens in their Winter 2015 edition.

Ask This Old House (<https://www.thisoldhouse.com/how-to/how-to-grow-microgreens>) television program wanted to instruct home owners on how to grow microgreens so Tim did an instructional class for them.

Shop daily for our Microgreens

The Harvest Coop (<http://www.harvestcoop.com>)
3815 Washington St.
Jamaica Plain, MA
Open 7am-10pm daily

The Harvest Coop (<http://www.harvestcoop.com/>)
580 Massachusetts Ave
Cambridge, MA
Open 7am-10pm daily

Allandale Farm (<http://www.allandalefarm.com/>)
259 Allandale Road
Brookline, MA
Spring 2017 Weekdays 9am-6:30pm, Weekends 8am-6pm

Bacon Street Farm (<http://www.baconstreetfarm.com/>)
100 Bacon St.
Natick, MA 01760
Open 7am-9pm daily

Volante Farms (<http://volantefarms.com/>)
292 Forest St (http://maps.google.com/maps?q=292+forest+st+needham&oe=utf-8&rIs=org.mozilla:en-US:official&client=firefox-a&um=1&ie=UTF-8&split=0&gl=us&ei=aqnrSYqnB8TKtgflvtGSBg&sa=X&oi=geocode_result&ct=title&resnum=1).
Needham, MA
Open Mon - Fri 8:00 am - 7:00 pm
Sat and Sun 8:00 am - 6:00 pm

Check out our location page to find us at farmer's markets and restaurants. (<http://www.wegrowmicrogreens.com/locations.html>)



"World Series" Pesto Shrimp over Polenta Round
Charlton Becker Catering
(<http://www.charltonbeckercatering.com/home>)



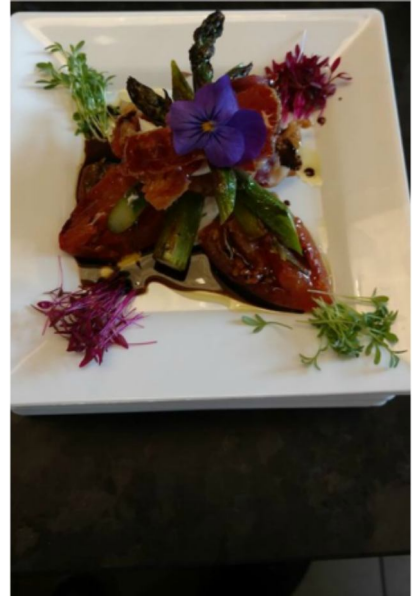


Bay Scallops, Corn Relish, Chimicurri in Edible
Corn/Lime Spoon Edibles By Jack garnished with
Corn Shoots from
We Grow Microgreens Microgreens
By www.charltonbeckercatering.com
(<http://www.charltonbeckercatering.com/>)



Bay Scallops, Corn Relish, Chimicurri in Edible
Corn/Lime Spoon Edibles By Jack
(<https://www.facebook.com/EdiblesByJack/>)
garnished with Corn Shoots from
We Grow Microgreens
(<https://www.facebook.com/profile.php?id=100008981653249>)
By www.charltonbeckercatering.com
(<http://www.charltonbeckercatering.com/>)

000223484 (<http://www.simplehitcounter.com>)
web counter (<http://www.simplehitcounter.com>)



Grilled Asparagus, Crispy Prosciutto, Roasted
Tomatoes, Whipped Goat Cheese, Balsamic Glaze
Garnished with
We Grow Microgreens Microgreens
(<https://www.facebook.com/profile.php?id=100008981653249>)
Violas, Red Amaranth and Micro Arugula
By www.charltonbeckercatering.com
(<http://www.charltonbeckercatering.com/>)