

BEULAH'S PEAS

Beulah has volunteered on our farm from the start. She is almost 70-years-old now and still one of our most dedicated workers. Peas are her favorite food for fresh snacking and salad topping, and these sprouts are excellent for both! Learn more about our sprouts and the non-profit you are supporting with your purchase at www.troygardens.org.

All Ingredients are 100% Organic: green, yellow, speckled, and marrowfat peas.



TROY COMMUNITY FARM
Madison, WI • 608 240 0409
Certified Organic by MOSA
6 oz. • Keep Refrigerated



MAGGIE'S MIX

Maggie has been a driving force behind our sprout business. She has sampled many sprouts along the way and this legume mix is her favorite. She eats it as a quick, nutritious snack right out of the bag! Learn more about our sprouts and the non-profit organization you are supporting with your purchase at www.troygardens.org.

All Ingredients are 100% Organic: large green, crimson, and French lentils; green peas; and garbanzo beans.



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MUNG BEANS

These are the first sprouts we learned to grow. Like us they are a bit unconventional, both sweeter and smaller than the norm. Use them on salads and just slightly cooked in stir fries for a delicious nutrient boost. Visit www.troygardens.org to learn more about the small, sweet non-profit you are supporting with your purchase.

All Ingredients are 100% Organic: mung beans.



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SARAH'S LENTIL MIX

Our CSA member Sarah loves this lentil mix so much that she created a recipe featuring these sprouts for the annual Food for Thought recipe contest. It won the grand prize! Add these sprouts to your own favorite salad, or check out Sarah's recipe and learn more about our non-profit organization at www.troygardens.org.

All Ingredients are 100% Organic: large and small green lentils, crimson lentils, and French lentils.



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ALFALFA CLOVER

It took us a while to figure out how best to grow this mildly sweet sprout mix. The alfalfa lovers on the crew knew it would be worth the trouble and encouraged us to keep working. It turns out they were right. The mix is delicious. Try it on a bagel with cream cheese and visit www.troygardens.org to learn more about the non-profit organization you are supporting with your purchase.

All Ingredients are 100% Organic: clover and alfalfa.



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MEG'S SPICY MIX

Meg has volunteered many hours on our farm. She loves these spicy sprouts and we love her spicy attitude. Use this mix to energize your salads and sandwiches and think of Meg letting out a hoot 'n holler in our fields. Learn more about our sprouts and the non-profit organization you are supporting with your purchase at www.troygardens.org.

All Ingredients are 100% Organic: clover, radish, arugula, and fenugreek.



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BROCCOLI SPROUTS

Their unexpected bite makes these sprouts as decidedly delicious as they are notoriously nutritious. If you love broccoli sprouts and have a fun name idea for this newest sprout in our line, please go to our website at www.troygardens.org, click on "contact FTG," and send your idea to our farmer.

Harvest these sprouts by cutting them above the thick bluish root mass and pad.

All Ingredients are 100% Organic: broccoli and clover.



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CHEF JOEL GIRARD'S EXCLUSIVE HY-VEE SPROUT MIX

Formulated by Chef Girard for its texture, color, and nutty flavor this blend is a primary ingredient in his Organic Bulgur Wheat Salad (found on the salad bar) and our first exclusive sprout mix. Visit www.troygardens.org and www.hy-vee.com for the recipe.

All Ingredients are 100% Organic: mung beans, large and small green lentils, crimson lentils, and French lentils, green peas, yellow peas, speckled peas, and marrowfat peas.



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