

2026

EVERYDAY MICROS FARM



In a world of mass production, get
ingredients grown for you



MICROGREENS · LEAVES · HERBS · FLOWERS



Tired of soggy dead greens from wholesalers?

Chefs, stop relying on soggy, flavourless wholesaler greens that wilt before your prep is done or are dead on arrival. With our chef-grade microgreens, you get vibrant flavour, crisp texture, and plate-ready freshness that elevates every dish.



Turn plates into profit

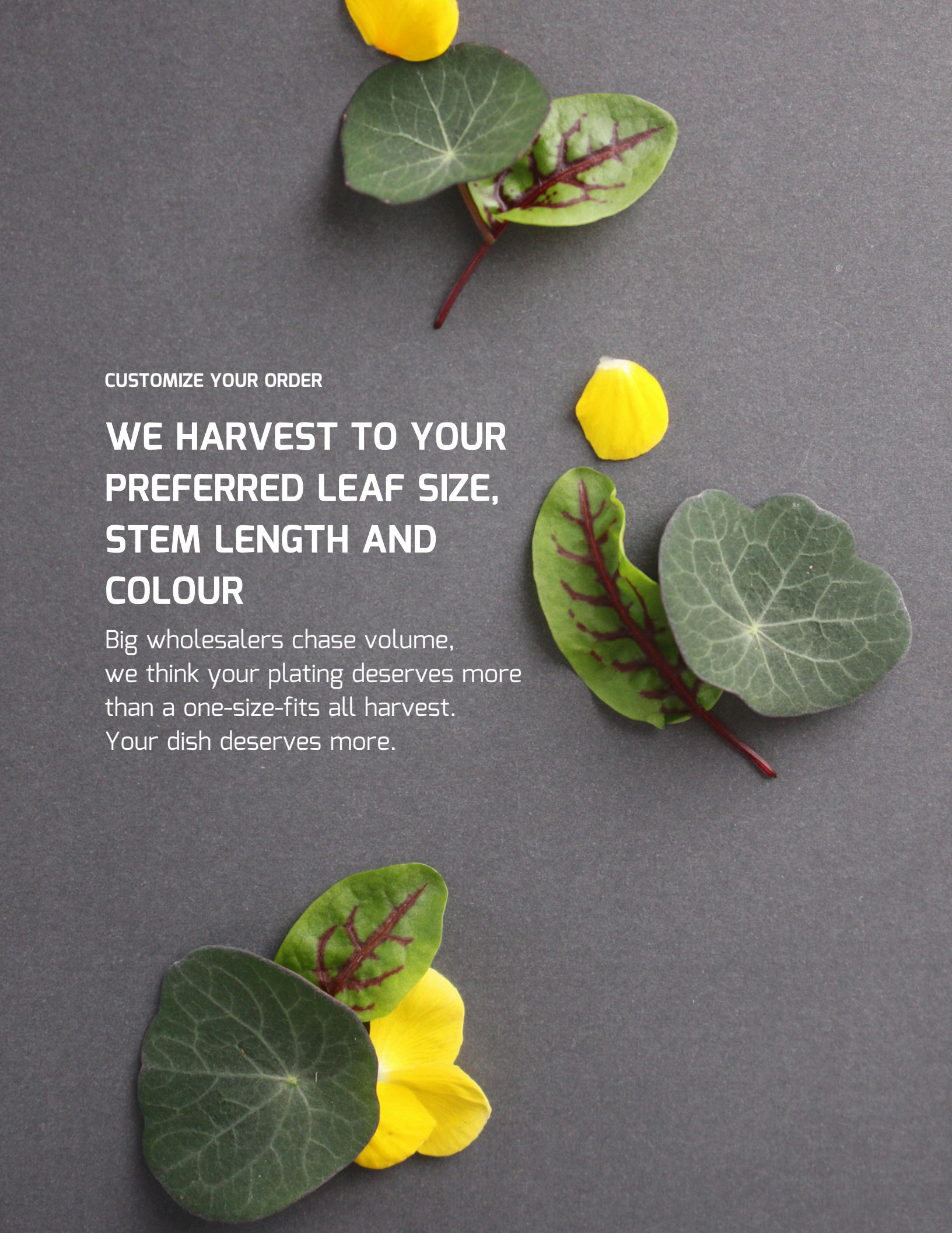
Wow your clients and justify premium pricing. We deliver chef-quality greens in small, customized quantities, something big wholesalers won't touch. You get exactly what you need without waste. Whether you're plating for two or 1000, our ingredients work as hard as you do.



“ I have been working with Nicholas for over a year now and I only have incredible things to say. The product is of high quality and the quantity can be custom tailored to your need which is perfect for my business model.

Nicholas is also very easy to communicate with and makes the ordering process smooth. Highly recommend, you won't be disappointed. ”

Chef Romain Avril, Toronto.

The image features three nasturtium leaves and two yellow flowers arranged on a dark grey, textured background. One leaf is at the top center, another is to its right, and a third is at the bottom left. The leaves are heart-shaped with prominent veins; some are green, while others have a reddish-purple tint. The flowers are bright yellow and partially visible. The text is positioned on the left side of the image.

CUSTOMIZE YOUR ORDER

WE HARVEST TO YOUR PREFERRED LEAF SIZE, STEM LENGTH AND COLOUR

Big wholesalers chase volume,
we think your plating deserves more
than a one-size-fits all harvest.
Your dish deserves more.

PRODUCTS

Microgreens



AMARANTH



ANISE



ARUGULA



BASIL CINNAMON



BASIL GREEN



BASIL PURPLE



BASIL THAI ORIGINAL



BASIL THAI SIAM



BEETS



BORAGE



BROCCOLI



BROCCOLI RAAB
(RAPINI)



BROCCOLI SPGARELLO



CABBAGE



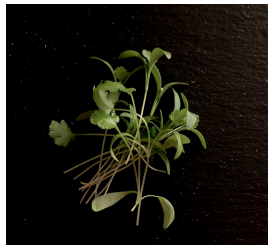
CARROT TOPS



CELERY



CHERVIL



CILANTRO ORIGINAL



CILANTRO CONFETTI



CORN SHOOTS



DAIKON RADISH



DILL



FAVA



GARLIC CHIVES



KALE



KOHLRABI



LEEK



LEMON BALM



MINT AZORES



MUSTARD MIX



PEA SHOOTS



PEA TENDRILS



RADISH DAIKON



RADISH RED



RADISH PINK



SPIGARELLO (BROCCOLI)



SUNFLOWER



SWISS CHARD RED



SWISS CHARD YELLOW



THYME

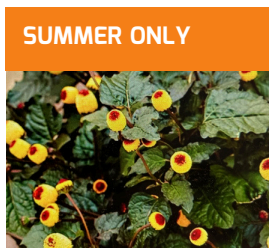


WASABI

Leaves



BRONZE FENNEL



ELECTRIC DAISY LEAF



MARIGOLD LEAF



NASTURTIVM GREEN



NASTURTIVM
VARIEGATED



SORREL RED VEINED



WOOD SORREL

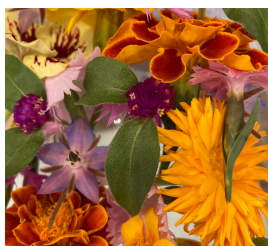


SHISO GREEN



SHISO PURPLE

Edible Flowers (Available in Summer)



EDIBLE FLOWER MIX



ALYSSUM (PURPLE/
WHITE)



AMARANTH POM POM



BACHELOR
BUTTONS/CORNFLOWER



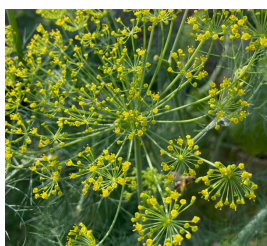
BORAGE



CALENDULA



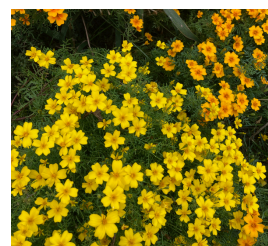
DIANTHUS PINK



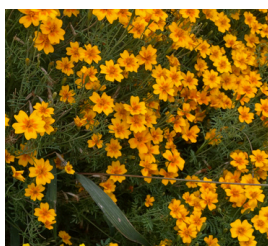
DILL FLOWER



ELECTRIC DAISY



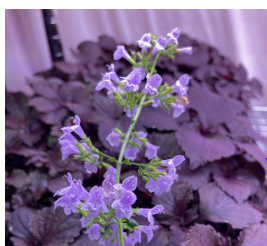
MARIGOLD GEM YELLOW



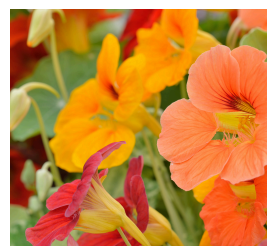
MARIGOLD GEM ORANGE



MARIGOLD LARGE MIX



MINT FLOWERS



NASTURTIVM



VIOLAS

Mixes



EVERYDAY MICRO MIX



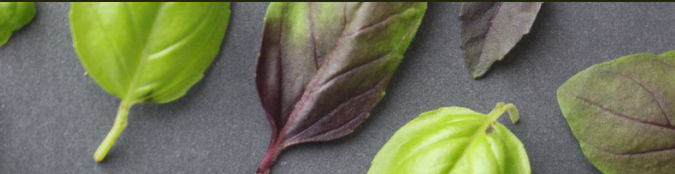
HEARTY MIX FOR
PLATE VOLUME



CREATE-YOUR-OWN
MIX



EDIBLE FLOWERS MIX



About our farm

Technology Meets Tradition: Handcrafted Freshness Year-Round

At Everyday Micros Farm, we harness the power of cutting-edge technology to grow year-round, even through the brutal Canadian winters. But don't mistake us for a cold, industrial operation. We keep it real and hands-on, watering and harvesting each plant with the care and attention it deserves. It's this blend of innovation and human touch that sets us apart. We're not just growing food; we're nurturing it, ensuring every microgreen is a testament to our commitment and passion.





ABOUT US

From tiny apartment to top chef tables

What started as a small experiment in our apartment has grown into something far bigger than we ever imagined. In January 2020, Nicholas began growing microgreens to help his body heal after a major health event. At the same time, Zahnia was navigating deep grief, marking 8 years since the loss of her Uncle Jiri—the one who first introduced her to vegetable gardening as a teen. To honour his memory, she started growing vegetables on her tiny apartment patio, while Nicholas was experimenting with microgreens indoors. Without realizing it, we were both reconnecting with food, soil, and something much bigger than ourselves.

No land or inherited family farm. Just a passion for growing food

There was just one challenge, we had no land. No family farm. No open fields. Just a deep passion for growing food and a belief that we could do it, even in the middle of the city. What started as growing for ourselves soon turned into growing for friends, then for chefs, and by 2025, we took a bold step forward—opening a commercial indoor farm in Burlington, ON. Our dream is to one day steward a regenerative farm on rural land, and this urban farm is our first step toward that vision.

Our farm grows microgreens for over 60+ chefs in Toronto

Today, we grow over 50 varieties of microgreens, herbs, and edible flowers, supplying chefs and home cooks with the freshest ingredients.

Zahnia and Nicholas

Everyday Micros Farm



AVERAGE SHELF LIFE OF 2 WEEKS

16oz | \$5

16oz | \$5



**HARVESTED
WITHIN 48
HRS**



**NO
DELIVERY
FEES**

16oz | \$5

24oz | \$5

24oz | \$5

24oz | \$5

16oz | \$5



**NO
MINIMUMS**

Order Today

everydaymicros.ca

nicholas@everydaymicros.com

(647) 281-4275



Everyday Micro Mix



**Your dish is out of this
world**

Order Today

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nicholas@everydaymicros.com
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