

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.



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



SUMMER ONLY

ELECTRIC DAISY LEAF



SUMMER ONLY

MARIGOLD LEAF



NASTURTIUM GREEN



NASTURTIUM
VARIEGATED



SORREL RED VEINED



SUMMER ONLY

WOOD SORREL

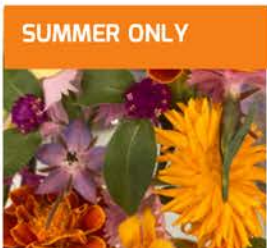


SHISO GREEN



SHISO PURPLE

Edible Flowers - Available in Summer



SUMMER ONLY

EDIBLE FLOWER MIX



SUMMER ONLY

ALYSSUM (PURPLE/
WHITE)



SUMMER ONLY

AMARANTH POM POM



SUMMER ONLY

BACHELOR
BUTTONS/CORNFLOWER



SUMMER ONLY

BORAGE



SUMMER ONLY

CALENDULA



SUMMER ONLY

DIANTHUS PINK



SUMMER ONLY

DILL FLOWER



SUMMER ONLY

ELECTRIC DAISY



SUMMER ONLY

MARIGOLD GEM YELLOW



SUMMER ONLY

MARIGOLD GEM ORANGE



SUMMER ONLY

MARIGOLD LARGE MIX



SUMMER ONLY

MINT FLOWERS



SUMMER ONLY

NASTURTIUM



SUMMER ONLY

VIOLAS

Mixes



EVERYDAY MICRO MIX



HEARTY MIX FOR PLATE VOLUME



CREATE-YOUR-OWN MIX



EDIBLE FLOWERS MIX





AVERAGE SHELF LIFE OF 2 WEEKS

16oz | \$5

16oz | \$5



**SKIP, PAUSE OR
CHANGE YOUR
ORDER**



**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



PRICE LIST

Microgreens	Container size Approx. weight	Price
Amaranth	8oz 30g	12
Arugula	16oz 40g	5
Beets	24oz 35g	12
Borage	24oz 40g	12
Carrot tops	24oz 30g	12
Corn	24oz 40g	5
Fava	24oz 40g	5
Garlic Chive	16oz 35g	12
Kholrabi	16oz 40g	5
Leek	16oz 40g	12
Mustard	16oz 40g	5
Pea shoots	24oz 50g	5
Pea tendril	24oz 50g	5
Red acre cabbage	16oz 40g	5
Radish Daikon	16oz 40g	5
Radish Pink Stem	16oz 40g	5
Radish Purple	16oz 40g	5
Sunflower	24oz 50g	5
Swiss Chard Red	24oz 35g	12
Swiss Chard Yellow	24oz 35g	12
Wasabi	16oz 30g	5

Micro Herbs**Container size | Approx. weight****Size | Price**

Basil Green	24oz 30g	12
Basil Purple	24oz 30g	12
Basil Lemon	24oz 30g	12
Basil Siam	24oz 30g	12
Basil Thai	24oz 30g	12
Bronze Fennel	24oz 25g	12
Chervil	24oz 25g	12
Cilantro Original	24oz 30g	12
Cilantro Confetti	24oz 30g	12
Dill	24oz 30g	12
Parsley	24oz 30g	12
Lemon Balm (Available Summer only)	8oz 20g	12
Mint Korean	16oz 20g	12
Mint Azores (Available Summer only)	24oz 20g	12
Mint Peppermint	24oz 20g	12
Thyme	16oz 20g	12



Leaves**Container size | Count****Price**

Bejeweled	16oz 60	12
Bronze Fennel	16oz 25	12
Electric Daisy	8oz 25	12
Marigold	8oz 60	12
Nasturtium Green	8oz 60	12
Nasturtium Varigated	8oz 60	12
Oxalis Purple	16oz 20	12
Shiso Green or Purple	16oz 60	12
Sorrel Red Veined	8oz 60	12
Wood Sorrel	8oz 60	12

Edible Flowers (Summer only)**Container size | Count****Price**

Alyssum	8oz 25 bunches	12
Amaranth Pom Poms	16oz 25	12
Borage	8oz 25	12
Cornflower/Bachelor Buttons	8oz 25	15
Calendula	24oz 25	12
Dianthus	8oz 25	10
Dill	16oz 25 bunches	15
Electric Daisy	8oz 25	15
Mint	24oz 25 bunches	12
Nasturtium	24oz 25	12
Violas	8oz 25	10

Mixes

Container size | Approx. weight

Price

Everyday Micro Mix	16oz, 32oz 40g, 80g	7.50 15
Hearty Micro Mix	16oz 40g	7.50
Create your own mix	16oz 40g	7.50
Edible flower mix	24oz 25ct	10

16oz | 55
16oz | 55
AVERAGE SHELF LIFE OF 2 WEEKS
16oz | 55



**SKIP, PAUSE OR
CHANGE YOUR
ORDER**



**NO
DELIVERY
FEES**



**NO
MINIMUMS**

Order Today

everydaymicros.ca
nicholas@everydaymicros.com
(647) 281-4275

Everyday Micro 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



**Your dish is out of this
world**

Order Today

everydaymicros.ca
nicholas@everydaymicros.com
(647) 281-4275

EVERYDAY MICROS FARM

