

# Greenery™ 7 50Hz Crop List

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A woman in a white lab coat is seen from the side, tending to a large indoor farm of leafy greens. The plants are dense and vibrant green, with some showing yellow and red veins. The setting appears to be a controlled environment, likely a container farm.

## **Small Footprint, big output**

The Greenery™ 7 50Hz is a complete commercial farm within 30 square meter. Successfully grow hundreds of high-value crops, such as lettuces, leafy greens, herbs, edible flowers, and more.

## **Consistent top quality produce**

Produce quality crops with great flavor and no aesthetic flaws thanks to the controlled environment of a container farm.

## **Seasonal specialty crops year-round**

Recreate perfect summer days in the middle of winter to grow delicate greens in typically inhospitable places.



## ***LETTUCES***

Experience fresh and crispy lettuce varieties like crunchy romaine, smooth butterhead, or delicate leaf lettuce. Perfect for refreshing salads, these crops are in high demand by consumers, grocers, and chefs.



## TOP LETTUCE TYPES



### Bibb

Delicate, tender, and buttery. A versatile lettuce that's great for salads.



### Summer Crisp

Frilly-leaved and crispy like romaine, but without bitter notes.



### Lollo Rossa

A mild lettuce with frilly and colorful leaves to brighten up your salad.



### Romaine

Sturdy leaves with a satisfying crunch. The classic lettuce; at home on a sandwich, in a salad, or on the grill.



### Oak Leaf

Soft, lobed leaves. Buttery and tender; adds welcome variety to salads.



### Green Star Leaf

Fast-growing lettuce with a spiky-leaved texture. Crisp and juicy.

## LETTUCE VARIETIES

Adriana Butterhead  
Aerostar Romaine  
\* Alkindus Butterhead  
Annapolis Romaine  
Antonet Lollo Rossa  
Auvona Romaine  
Bambi Bibb  
Black Seeded Simpson Leaf  
Blackhawk Leaf

Breen Romaine  
Buttercrunch Bibb  
Celinet Summer Crisp  
Cherokee Summer Crisp  
Coastal Star Romaine  
Concept Summer Crisp  
Dark Red Lollo Rossa  
Deer Tongue Bibb  
Defender Romaine

Dragoon Romaine  
Edox Butterhead  
Fenberg Romaine  
Firecracker Leaf  
Flashy Trout Back Bibb  
\* Fusion Green Romaine  
Garrison-Oakleaf  
Green Forest Romaine  
Green Saladbowl Oakleaf

\* Green Star Leaf  
Iceberg Lettuce  
Lettony Leaf  
Livinga Lollo Rossa  
\* Magenta Summer Crisp  
Mirlo Butterhead  
Monte Carlo Romaine  
Mottistone Summer Crisp  
Muir Summer Crisp

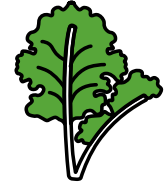
Nancy Butterhead  
\* Nevada Summer Crisp  
\* New Red Fire Leaf  
Newham Bibb  
Oscarde Oakleaf  
Outredgeous Romaine  
Pannisse Oakleaf  
Parris Island Romaine  
Red Cash Romaine

Red Cross Butterhead  
Red Sails Leaf  
Red Saladbowl Oakleaf  
Red Rosie Romaine  
\* Rex Butterhead  
Ridgeline Romaine  
Rosaine Bibb  
Rouge d'Hiver Romaine  
\* Rouxai Oakleaf

Ruby Sky Leaf  
\* Salanova Green Butter  
Salanova Green Incised  
Salanova Green Oakleaf  
\* Salanova Green Sweet Crisp  
\* Salanova Red Butter  
\* Salanova Red Oakleaf  
Salanova Red Sweet Crisp  
Salvius Romaine

Skyphos Butterhead  
Sparx Romaine  
Spretnak Bibb  
Spritzer Oakleaf  
Starfighter Leaf  
Sulu Oakleaf  
Sylvesta Butterhead  
Tamarindo Leaf  
Tango Oakleaf

Teide Summer Crisp  
Thurnius Romaine  
\* Tropicana Leaf  
Truchas Romaine  
Two Star Leaf  
Vulcan Leaf  
Waldmann's Dark Green Leaf  
Winter Density Bibb



## ***LEAFY GREENS***

Rich in flavor and vibrant in color, leafy greens like kale, Swiss chard, and spicy arugula grow very well in the Greenery™ 7. The versatility and nutritional value of these plants make them the staples of many international cuisines.



## TOP LEAFY GREEN TYPES



### Wasabi Arugula

Complex with a spicy horseradish kick. Wasabi arugula is a rising culinary star.



### Collards

Sturdy when full-sized; tender when harvested young. Assertive flavor with cruciferous tones.



### Bright Light Swiss Chard

Sturdy greens with bright stalks. Mild and sweet vegetal flavor.



### Scarlet Kale

A unique, frilly kale with colors ranging from rich green to purple and red. Both baby and mature leaves of this kale are delicious.



### Mizuna

Distinctive serrated leaves and mild peppery flavor spice up any plate.



### Pac Choi

A crunchy and juicy green with a peppery vegetal flavor, this bok choy is delicious raw and cooked.

## LEAFY GREEN VARIETIES

- \* Astro Arugula
- Sylvetta Arugula
- \* Wasabi Arugula
- Farao Cabbage Leaves
- Red Express Cabbage Leaves
- Claytonia
- \* Flash Collards
- \* Champion Collards
- Dandelion
- Eros Escarole
- Rhodos Endive/Frisee
- \* Black Magic Kale
- Red Russian Kale
- Redbor Kale
- \* Scarlet Kale
- Toscana Kale
- \* Winterbor Kale
- \* Koji Tatsoi
- \* Red Kingdom Mizuna
- \* Golden Frills Mustard Greens
- Ruby Streaks Mustard Greens
- Scarlet Frills Mustard Greens
- Suehlihung No. 2 Mustard Greens
- Dark Green Orach
- Ruby Red Orach
- \* Green Pac Choi
- Li Ren Choi
- \* Red Pac Choi
- Perseo Radicchio
- Seaside Spinach
- Space Spinach
- \* Bright Lights Swiss Chard
- Ruby Red Swiss Chard
- Watercress

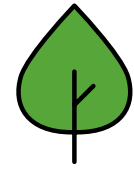
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## **HERBS**

Enhance any plate with fragrant herbs. The foliage of these leafy greens boasts strong flavors that add depth and brightness to the dish. Most of these herbs typically grow in warm-weather climates; year-round availability is valuable for at-home cooks and professional chefs looking to add sophistication to their dishes.



## SPECIALTY HERB TYPES



### Thai Basil

Piquant with an anise-forward flavor, Thai basil is widely used in Southeast Asian cuisines.



### Purly Chives

Versatile green shoots with a mild oniony flavor that form bright purple flowers.



### Lemon Thyme

A zesty citrus flavor balances the earthiness of this thyme.



### Red Veined Sorrel

Striking and tangy leaves make this leafy herb stand out on the shelf and on the palate.



### Lemon Verbena

Gentle lemon flavor perfectly compliments dishes from T-bone steak to tea.



### Pineapple Sage

An attractive and fragrant herb with pineapple scented leaves and edible red flowers.

## HERB VARIETIES

Armaranth

Elidia Basil

\* Genovese Basil

Lemon Basil

Red Rubin Basil

\* Thai Basil

Cutting Celery

Vertissimo Chervil

Dolores Chives

Purly Chives

\* Calypso Cilantro

Confetti Cilantro

Marino Cilantro

Goldkrone Dill

\* Hera Dill

Bronze & Green Fennel Leaf

Grosfruchtiger Fennel Leaf

Lemon Verbena

Sweet Marjoram

Zaata Marjoram

Common Mint

\* Greek Oregano

Moss Curled Parsley

\* Giant of Italy Parsley

Primed Rosemary

Pipicha

Rosemary

Common Sage

Pineapple Sage

Green Shiso

Britton Shiso

\* Red Shiso

Red Veined Sorrel

Orange Thyme

\* Summer Thyme

\* Winter Thyme



## ***FLOWERS***

Colorful, fragrant, and often tasty, flowers are a wonderful addition to your Greenery™ 7. Grow flowers to sell alongside your produce at farmers markets, or fill requests for chefs looking to add a unique flavor or pop of color to their plates.

\*While the Greenery 7 is optimized and designed for the growth of leafy greens, our Freight Farmers have had success growing a variety of root vegetables and flowers.

## TOP FLOWER TYPES



### Calendula

Earthy with a lightly bitter and peppery flavor. Great for teas and medicinal products.



### Borage

Bright flowers with a fresh, sweet-and-salty taste akin to cucumber peel.



### Asters

These flowers come in a variety of colors and have a mildly peppery flavor.



### Nigella

A colorful flower with a flavor reminiscent of oregano.



### Viola

A tender and crisp flower with a light and sweet minty fragrance.



### Nasturtium

A bittersweet flavor makes this vibrant flower an intriguing addition to salads.

Asters

Borage

Princess Calendula

Flashback Calendula

Alpha Calendula

Pampas Plume Celosia

Sunday Gold Celosia

Chives

Jewel Mix Nasturtium

Defat Blue Nigella

Helen Mount Violas

Majestic Giants II Formula Mix Violas

\* Sorbet Formula Mix Violas

Colorado Mix Yarrow

Jazzy Mix Zinnia

Oklahoma Mix Zinnia

Queen Red Lime Zinnia

Sunbow Mix Zinnia

## FLOWER VARIETIES

\* Freight Farms' recommended crops to grow



## **ROOTS**

Roots are crunchy, delicious, and flavorful additions to salads, or can act as standalone sides. Pro tip: many chefs use the leaves of root vegetables in their dishes, so growing these crops gives them two ingredients in one!



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## TOP ROOT TYPES



### Beets

Earthy and sultry sweet, beets add color and depth to any dish.



### Parisian Carrots

Sweet and crunchy, these hardy roots add crunch to salads and depth to stews.



### Bunching Onions

These scallions have assertive oniony stems topped with tender allium-flavored greens.



### D'Avignon Radishes

Mild peppery flavor and a satisfying crunch. This root is welcome in salads and crudité spreads.



### Hakurei Turnips

Delicious raw, pickled, and cooked, these sweet roots are a revelation.



### Kohlrabi

This sweet and peppery root with light cabbagey flavor can be cooked or served raw.

## ROOT VARIETIES

Cylindra Beets

Deep Purple Bunching Onions

Parade Bunching Onions

Gold Nugget Carrots

Hercules Carrots

Malbec Carrots

Parisian Carrots

Azur Star Kohlrabi

D'Avignon Radishes

Daikon Radishes

\* Rover Radishes

White Icicle Radishes

\* Hakurei Turnips

\* Hirosaki Turnips

Purple Top White Globe Turnips

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of crops you can grow with a  
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