

# Who we are

Founded in 2020 at Hyderabad, **Letachiguru** (means “Microgreens” in Telugu) manifested with a vision of educating and enabling healthy being for the people of India. Bringing the Organic, Non-Hybrid, Non-GMO (Non Genetically Modified Organism seeds) & Pesticide free **Microgreens** for your daily intake to reap the benefits of exceptional nutrition.

- Letachiguru is led by Mr. B. Madhava Swamy, retired banker with a service spanning 33 years, with deep exposure in agriculture and rural development.
- Recognizing the need to prioritize health in our busy lives, Letachiguru strives to deliver freshly harvested Microgreens, with simple to cook ideas, for a wholesome and nourishing diet!

## Contact Us

1-5-574/2, Chetana Housing Colony, Jonna Banda, Old Alwal, Secunderabad - 10

Phone: 6300722718

Email: [letachiguru@gmail.com](mailto:letachiguru@gmail.com)

Web: [letachiguru.in](http://letachiguru.in)



**LETACHIGURU**  
**Let Food be your Medicine**

Micro Greens | India

Phone: 6300722718

Email: [letachiguru@gmail.com](mailto:letachiguru@gmail.com)

Web: [letachiguru.in](http://letachiguru.in)



# Letachiguru: Microgreens



## What are Microgreens?

Since their introduction to the Californian restaurant scene in the 1980s, Microgreens have steadily gained popularity. These aromatic greens, also known as micro herbs or vegetable confetti, are rich in flavor and add a welcome splash of color to a variety of dishes.

---

*The nutrient content in Microgreens is concentrated up to 40 times compared to the same quantity of matured greens, therefore earning its title as 'Superfood'!*

---

## Microgreens are Superfood!

Most Microgreens tend to be rich in potassium, iron, zinc, magnesium and copper and also a great source of antioxidants. In fact, one study measured vitamin and antioxidant concentrations in 25 commercially available microgreens. These levels were then compared to levels recorded in the USDA National Nutrient Database for mature leaves. Levels measured in microgreens were up to 40 times higher than those recorded for more matured greens.

### Studies:

- [Microgreens Assessment of Nutrient Concentrations](#)
- [Journal of Agricultural and Food Chemistry](#)
- [Tiny Microgreens Packed Nutrients](#)

# Health Benefits



## A worthwhile addition to your healthy diet.

Eating vegetables is linked to a lower risk of many diseases. This is likely thanks to the high amounts of vitamins, minerals and beneficial plant compounds they contain.

Microgreens contain similar and often greater amounts of these nutrients than mature greens. As such, they may similarly reduce the risk of the following diseases:

- **Heart disease:** Microgreens are a rich source of polyphenols, a class of antioxidants linked to a lower risk of heart disease. Animal studies show that microgreens may lower triglyceride and “bad” LDL cholesterol levels.
- **Alzheimer’s disease:** Antioxidant-rich foods, including those containing high amounts of polyphenols, may be linked to a lower risk of Alzheimer’s disease.
- **Diabetes:** Antioxidants may help reduce the type of stress that can prevent sugar from properly entering cells. In lab studies, fenugreek microgreens appeared to enhance cellular sugar uptake by 25–44%.
- **Certain Cancers:** Antioxidant-rich, especially those rich Polyphenol-rich microgreens may lower the risk of various types of cancer.



# Our Products



**Peas Microgreens**  
**Net Weight: 30gm**  
**MRP ₹ 99/-**



**Radish Pink Microgreens**  
**Net Weight: 30gm**  
**MRP ₹ 120/-**





**Sunflower Microgreens**  
**Net Weight: 50gm**  
**MRP ₹ 120/-**



**Wheat Grass Microgreens**  
**Net Weight: 20 gm**  
**MRP ₹ 65/-**





**Beetroot Microgreens**  
**Net Weight: 20 gm**  
**MRP ₹ 120/-**



**Green Mustard Microgreens**  
**Net Weight: 30 gm**  
**MRP ₹ 99/-**



## More Products



*Pak Choi Microgreens*

*Kohl Rabi Microgreens*



*Alfalfa Microgreens*

*Fenugreek Microgreens*



*Clover Microgreens*

*Spinach Microgreens*





# Choose Microgreens, Choose Letachiguru

A small decision you take today for your health will reward a long and fulfilling life free from diseases.

---

*Let food be your medicine and a farmer be  
your doctor. After all, Health is Wealth.*

---

## Contact us today!

Phone: 6300722718

Email: [letachiguru@gmail.com](mailto:letachiguru@gmail.com)

Web: [letachiguru.in](http://letachiguru.in)

