



MICROGREENS

The Little Green Powerhouse

TINY VEGGIES THAT PACK A PUNCH ✪ 1 OZ MICROGREENS = 1.5 LBS VEGGIES ✪ UP TO 40X MORE NUTRIENT-DENSE

WHAT IS A MICROGREEN?

Microgreens are tiny edible plants that are older than a sprout, but younger than a full-grown plant. Microgreens are harvested after the first “true” leaves have developed. They are the smallest of the salad greens, and can be grown from almost any plant variety that would produce a mature plant, such as beet, radish or mustard.

SPROUTS Vs. MICROGREENS

Because of their size, microgreens are often confused with sprouts. They are not sprouts. Sprouts are just germinated seeds grown in water that are eaten whole, with the seed, root and stem still attached. Microgreens are not grown in water, as are sprouts. They are commonly grown in soil or on a sterile growing mat such as a fiber mat. The seed density for microgreens is much lower than for sprouts, which allows plenty of room for each tiny plant to grow, and prevents the disease problems common to sprouts. Microgreens are harvested by cutting, without any roots.

A BOUNTY OF NUTRITIONAL VALUE

Studies have shown many microgreens, such as red cabbage, broccoli, and radish often contain up to 40 times more nutrients than mature plants. According to Professor Qin Wang at the University of Maryland, microgreens are 4 to 40 fold more concentrated with nutrients. His research team tested 25 different commercially grown microgreens, and found consistently high levels of important nutrients like vitamin C, vitamin E, vitamin K, lutein and beta-carotene. Dr. Gene Lester, a USDA researcher says, “All these nutrients are extremely important for skin, eyes and fighting cancer, and have all sorts of benefits associated with them. To find these high levels of nutrients, I find that quite astonishing.”

HEALTHY AND CREATIVE USES

There are so many things to do with microgreens. A salad composed of these little plants is a wonderful first-course at a tasting dinner, and they can add beautiful color and delicate flavor to high-end composed dishes. Microgreens also offer an easy way to augment simple dishes like egg or potato salad. Use your imagination— and bask in the joy of serving beautiful food you grew yourself.

STORING MICROGREENS

All harvested greens will last longer if stored properly. Keep microgreens between damp paper towels, and make sure they are cold and covered in a resealable bag or container. Wrapped this way, they'll last in the fridge for about a week. Keep greens covered right up until the point when they hit the plate— this will ensure that they don't wilt or dry out during service.

