

Microgreens

Q: What are they?

Microgreens are baby plants, any edible plant really. Most are types of veggies like broccoli or radish but there are also herbs and edible flowers. They are similar to sprouts but are grown in soil. Most are harvested between 10-15 days after sowing.

Q: How do I eat them?

They are best eaten raw as cooking will destroy many of their amazing nutrients. They can be added to salads, and other cold dishes but can also be used to top pastas, freshly baked pizzas, stir fries, casseroles and more!

They are especially good on eggs and can be used in place of lettuce in meals like wraps, tacos, and burgers!

Q: What's so great about them?

For one, they are super convenient! Just sprinkle a bunch here and there and voila! extra greens on everything. Second, they are super packed with vitamins and minerals. Think of all the healthy stuff in a full, adult plant but in the bite-size package of a microgreen!

Recipe Suggestions

Parmesan and Ricotta Cheese Pizza
with Pistachios Bacon and MicroGreens



EGG WHITE OMELETTE WITH AVOCADO,
GOAT CHEESE, AND MICROGREENS



microgreens salad with garlic
mustard vinaigrette





**Tomato and Mozzarella Salad with
Microgreens**



**LEFTOVER ROAST CHICKEN SANDWICH
WITH MICROGREENS AND MUSHROOMS**



**THREE-CHEESE ARUGULA
MICROGREENS AND SPINACH PESTO**

SHEET PAN FAJITAS WITH BELL PEPPERS
AND CHICKPEAS



Microgreens with Strawberry-Lime
Vinaigrette



Individual Bacon-Hash
Browns
and Egg Casseroles





charred rainbow beet + pistachio salad



Spicy Thai Grapefruit Salad



Grilled Cheese With Ham And Brie Cheese
With Microgreens, Apple And Dijon

And don't forget about dessert!



Mini Strawberry Chocolate Tart with Whipped
Goat Cheese & Basil Micro Greens