
MICRO GREENS

Get to know these nutrient powerhouses!

Using Micro Greens:

Using micro greens is fun and easy. Try these tips...

- You can find micro greens at most grocery stores, or you can grow them yourself! Growing micro greens can be a fun family project that engages kids with nutritious vegetables.
- Micro greens are fantastic garnishes. Snip them from their trays and use them to top all of your salads, soups, vegetable dishes, grilled meats, and side dishes.
- Many veggies can be harvested as micro greens, including...
 - Chard
 - Cilantro
 - Garnet amaranth
 - Green daikon radish
 - Green peas
 - Kale
 - Mizuna
 - Red Cabbage

What Are Micro Greens?

Micro greens are very young plants that are both delicate and flavorful. Often confused with sprouts, micro greens are just the tops of freshly-grown vegetables, harvested a few weeks after they've sprouted. They're younger than baby greens, but more mature than sprouts.

Micro greens are packed with nutrients. In fact, they're often more nutrient-dense than their more mature counterparts. According to the United States Department of Agriculture (USDA), "In general, micro greens contained considerably higher levels of vitamins and carotenoids—about five times greater—than their mature plant counterparts, an indication that micro greens may be worth the trouble of delivering them fresh during their short lives."

