

WHAT ARE MICROGREENS?

This is a short summary about microgreens to help you get started. You can find many web sites that offer additional information about nutritional benefits, growing methods and recipes. Microgreens differ from sprouts in that the seeds are planted into soil, and when new shoots reach about 2 inches tall, they are cut off above soil level.

Microgreens are a quick, easy and compact way to add fresh, nutritional greens to your snacks and meals. Another advantage is that fresh greens can be grown indoors year around, even when they are not in season for growing outdoors. Microgreens are known to contain several times the nutritional benefit of the fully grown plants. Depending on the type of seed used, the seedlings are ready for harvest within 7 to 21 days. Seeds for plants such as arugula, raddish, kale, broccoli, chard, spinach, beets, califlower, chives, sunflowers, lettuces, herbs, and many others are good choices. Some commercial seeds come in mixed selections. You should use only non-treated seeds that have non-toxic, edible leaves. Tomato, peppers and rubarb should be avoided. Check on the safety if you are not sure they are okay to use.

HOW TO GROW MICROGREENS

Check the seed packet for any sprouting requirements. If none, these are the general steps to follow.

1. Make small drainage holes in the bottom of a clean plastic container. Food take out containers work well.
2. Add 1 ½ to 2 inches of moist potting mix suitable for seed starting.
3. Even out the surface, but do not pack it down hard; seeds need air to germinate. Fertilizer is not needed.
4. Spread the seeds over the entire surface and press gently into the soil. Seeds should be touching the soil, but not packed down hard.
5. Cover seeds with a thin sprinkling of soil mix or vermiculite. Gently pat this down so that it touches the seeds. All of the seeds don't need to be covered, only in contact with soil mix.
6. Spray or sprinkle carefully with water and cover with a clear lid, plastic bag or plastic wrap.
7. Set in a protected place away from direct sunlight and keep soil moist but not soaked.
8. Once shoots emerge, remove the cover. Move container to a sunny location or under a grow light or LED light to help seedlings become green. Keep moist, but not soaked.
9. When the seedlings reach about 2 inches tall and have developed true leaves, cut them above soil level with scissors. Some seeds might continue to sprout; these can be harvested when 2 inches tall.
10. Cuttings may be rinsed, air dried, or patted gently with a paper towel.
11. They will stay fresh several days if stored in a plastic bag and refrigerated until ready to use.
12. After all seedlings have been harvested, you can clean and reuse the container, add fresh potting mix and seeds, and repeat this process.

MICROGREEN RECIPES

These are among the hundreds of delicious and healthy microgreen recipes you can find online.

Strawberry MicroGreen Salad - SERVES 2

3 cups Microgreens
1 cup Strawberries, sliced
¼ cup Candied Walnuts, chopped

Strawberry Dressing

6 strawberries
1 tablespoon Balsamic Vinegar
1 teaspoon raw honey
2 tablespoons olive oil
dash of sea salt
dash of black pepper

Strawberry Dressing

Blend; strawberries, balsamic vinegar, raw honey, olive oil, salt, and pepper.
Toss the microgreens with strawberries and dressing. Sprinkle with walnuts.

Homegrown Microgreens Salad – 1-2 servings

For the Salad:

1 cup of microgreens
1 blood orange, peeled and cubed
1/2 avocado, peeled and cubed
1/2 cup of shredded carrot or daikon radish
1/4 cup chopped walnuts

For the Dressing:

1 Tbsp. cold-pressed olive oil
1 Tbsp. lemon juice
1 clove chopped garlic (optional)
A dash of salt and pepper

If your microgreens have some soil on them, give them a light wash and air dry them in a colander for a few moments. (They are very fragile so need to be handled with care).

Place them in a bowl and add the remaining salad ingredients. Stir up your vinaigrette in a little jar and pour on top of the salad.

Poached Eggs over sautéed Micro-Greens & Shallots – serve 2

4 eggs
1 Cup Organic Micro-greens
2 Shallots
Salt and Pepper to taste
1 tsp white vinegar/1 Cup water (for poaching)

Instructions

Poach Eggs. Fill a non-stick skillet or deep saucepan with no more than 3 inches of water and a Tbl white vinegar. Bring liquid to a boil, add eggs, then remove from heat and cover. For yolks barely runny cook 4 eggs for 7 to 8 minutes. However if you like runny eggs, cook for 4-6 minutes. Remove eggs with a slotted spoon. While eggs are poaching sauté shallots and micro-greens over medium high heat and place in a serving bowl. When your eggs are done, place eggs over micro greens and serve with salt and pepper to taste.

Tips: Always use fresh eggs and deliver the eggs to the pan with a custard cup or large spoon. Avoid cracking directly into the pan. Always acidulate the poaching liquid with either vinegar or lemon juice. Keep a folded paper towel on hand just in case you need to soak up some water before serving. Poached eggs can be refrigerated in ice water for up to 8 hours, then reheated in hot water. Do not re-boil.

If you don't want to poach the eggs, you can make this recipe as an omelet or "scramble".

Avocado Toast with Tomatoes and Microgreens

4 slices bread gluten-free, whole grain or whole wheat
4-8 slices of tomato
1-2 avocados diced
Microgreens of your choice
2 limes quartered
Salt and pepper as needed

Instructions

Toast bread crisp. Top toast with sliced tomatoes and diced avocados mixed with some lime juice, salt and pepper. Top with microgreens. Squeeze lime over the top and season with a little more salt and pepper as desired.