

Growing Microgreens

Little greens with BIG nutrition!

Microgreens are fun to grow and eat, but are often confused with sprouts or baby greens. Here are some definitions to clear things up:



SPROUTS:

Sprouts are seeds germinated in water that grow in less than a week. Both the seeds and stem are eaten for concentrated nutrition and added crunch. Sprouts are considered a good source of (non-complete) proteins, antioxidants, beneficial enzymes and minerals.

The most common seeds used or growing sprouts are: Alfalfa, Broccoli, Seeds, Red Clover, Lentils, Mung Beans, Pumpkin Seeds, Sunflower Seeds, Chia Seeds.

MICROGREENS:

Microgreen seeds are planted in soil and harvested at the cotyledon growth stage, which is when the first set of leaves appear. The leaves and stems provide the most flavor and nutrition, packing 3 -39.4 times the nutritional content of the plant's mature counterparts! (Mature veggies provide more fiber) Microgreens offer more nutrition than sprouts due to photosynthesis (conversion of light energy into chemical energy) and drawing upon organic materials found in soil.

The most common seeds used for growing microgreens are: Lettuce, Kale, Spinach, Radish, Beet, Watercress, Cabbage, Mustard, Chia, Buckwheat.

BABY GREENS:

Baby greens are leafy plants that are harvested before they're truly mature. They have developed their first set of true leaves, but they're not quite as big as they could be yet.

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