

Little Greens -BIG Nutrition

Grow greens indoors any time of the year! Microgreens, Sprouts and Baby Greens are all easy and fun to grow, and supply condensed nutrition at your fingertips.

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 3-4 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. Microgreens are ready to harvest in about 7 to 14 days after sowing, when they have cotyledons, and some true leaves.

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. Baby greens are ready in about 20 days, when they have true leaves at 2"-4". Once cut, microgreens will not regrow, although if some leaves are left intact on baby greens you may see regrowth.

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 for growing sprouts are: Alfalfa, Broccoli, Seeds, Red Clover, Lentils, Mung Beans, Pumpkin Seeds, Sunflower Seeds, and Chia Seeds.