

JANUARY IS ALL ABOUT MICROGREENS.

Microgreens are fast-growing, nutritious greens that can be grown all year, and are the perfect pick-me-up for winter days.

What's a microgreen? Microgreens are not sprouts, though people often think they are the same. Sprouts are seeds that can germinate in the dark and be ready to harvest in two days. Microgreens grow for a week or two, and the tiny leaves that you eat grow above the soil. Microgreens are essentially seedlings of edible vegetables and herbs. From arugula to kale, to broccoli and beets, these tiny versions only grow to a few inches and can come in 50-60 different varieties. Microgreens have distinct flavours ranging from spicy, nutty, mild to sweet to bitter. Different microgreens have different health benefits with microgreens packing a punch with vitamins, immune boosting benefits and even a source of protein. Research suggest that microgreens contain far more vitamins and phytochemicals than fully matured vegetables.

Each microgreen vegetable has its own unique taste.

Here are a few of our personal favourites -

Basil microgreens have a lemony (sweet and sour) aftertaste.

Carrot microgreens taste just like carrots!

Beet microgreens are earthy (taste like dirt).

Radish microgreens & mustard greens are spicy.

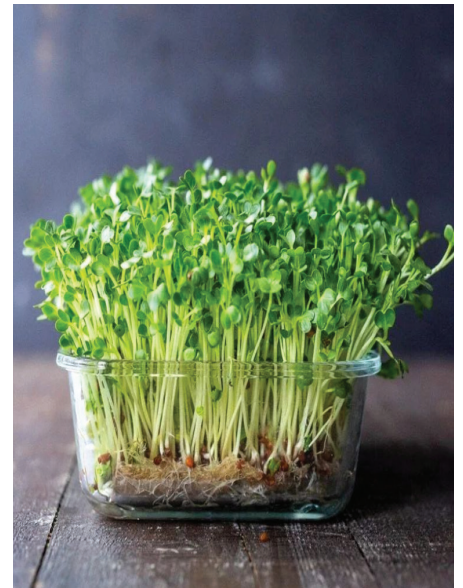
Kale microgreens are sweet.

Sunflower microgreens are sweet and nutty.

Wheatgrass microgreens are sweet and bitter, but mild.

Parsley microgreens are sweet and fruity.

Pea microgreens are sweet & crunchy!



Microgreens are really easy to grow and use. Within a couple of weeks of planting seeds, you have microgreens ready to harvest and enjoy.

Purée them!

Microgreens of kale, spinach, broccoli and pea shoots add nutritional value to a juice or smoothie

Sandwich them!

Microgreens take sandwiches to "deli" quality right in your own kitchen. The fresh greens provide the perfect crunch.

Stir Fry them!

Add fresh microgreens like mizuna or pak choy to stir fry and Asian dishes.

Sprinkle them!

Add as a garnish to soups, salads, flatbreads or pizzas.

GRILLED CHEESE WITH HAM, BRIE & MICROGREENS

*makes one large sandwich

Ingredients

- 1-2 tbsp butter
- 2 slices of your favourite bread
- 2-4 slices of ham (depending on how hungry you are)
- 6 thin slices of brie cheese
- 6 thin slices of apple
- Small handful of microgreens (try kohlrabi, arugula, kale or broccoli)
- 1 tbsp whole grain mustard

Directions

- Heat skillet to medium heat, add butter, let melt and swirl to coat the pan.
- Add slices of bread to the skillet, place brie and ham on top of each slice.
- Cook until the cheese begins to melt and the bread is golden.
- Top one side of bread with apple slices, mustard and microgreens.
- Flip the un-topped slice onto the other.
- Transfer to a plate and cut in half.

EASTER DEVILED EGGS

*12 servings

Ingredients

- 6 eggs
- $\frac{1}{4}$ cup mayonnaise
- 1-2 tbsp yellow prepared mustard
- Salt & pepper to taste
- Pickled red onions
- Amaranth microgreens (or other microgreens)

Directions

- Hard boil your eggs
- Slice the eggs in half lengthwise. Use a spoon to scoop out the yolk and place in a mixing bowl.
- Mix together the yolks, mayo and mustard. Salt & pepper to taste.
- Use a spoon to put the yolk mixture back in each egg half. Smooth it out well so you have a flat egg surface.
- Use a knife to cut the pickled onions into the length to make little X's on top of each egg. Lightly press the pickled onion X into the yolk mixture to secure it.
- Sprinkle the egg with amaranth microgreens.

Note: We love Amaranth microgreens as they have a mild and sweet, earthy flavour and are vibrant fuschia in colour.



Microgreens

Flavor Profiles & Health Benefits

	FLAVOR	HEALTH BENEFIT	PAIR WITH
ARUGULA	Spicy & sweet	High levels of vitamins A, C, K & iron	Pesto, pizza & creamy pastas
BASIL	Lemony & sweet	High levels of vitamins A, B6, C & K	Pasta, omelettes, & caprese
BROCCOLI	Mild, grassy	Excellent source of vitamins C, E & K	Stir fries, pasta, rice bowls, smoothies
CILANTRO	Grassy & citrus	Concentration of beta carotene	Burritos, tacos, grilled fish
SALAD MIX	Earthy, nutty	High in vitamins C, E & beta carotene	Smoothies, wraps, soups, burgers
MARIGOLD	Citrusy	Provides potassium and vitamins A & C	Tacos, pizza, salad toppings
RADISH	Spicy	High in vitamin E	Noodle bowls, sushi, salads
PEA TENDRIL	Sweet	High in vitamins A, C & folate	Salads, pasta, stir fries
SUNFLOWER	Nutty	High in fiber & protein	Sandwiches, salads, poke