

# WHAT ARE MICROGREENS

and why should you care?

You've seen these little greens—formally known as microgreens—stylishly topping your meal as garnishes or dressed in vinaigrette as a salad. But what exactly are microgreens, other than the obvious fact that they are very small in size?

## HISTORY

Microgreens are essentially seedlings of edible vegetables and herbs, and while they're hugely popular now, seemingly available in every café and restaurant, microgreens have actually been incorporated into the dishes of many chefs as early as the '80s.



## WHERE TO USE THEM

Chefs use microgreens to improve a dish's look, taste, and smell. Microgreens pack of punch in flavor, featuring complex and intense flavor profiles. They can also provide a nice textural contrast. Add a few microgreens to a dish, and your food can go a long way.

### TRY ADDING THEM TO:



SALADS



SMOOTHIES



SUSHI



BURGERS

## WHY USE MICROGREENS?

**Organically grown:** No sprays or GMOs are used.

**Highest nutrition levels:** Its vitamin content is increased 20 times in the sprouting stage.

**Easy:** Micros are cut when needed.

**Quick:** Most micros are edible within a week of planting. As well, you can harvest larger quantities and more frequently when you compare microgreens to traditional vegetables.

**Raw:** You can eat them freshly cut.

**Tasty:** What tastes better than a freshly cut green? Use in salads and sandwiches, add to juices and smoothies, or to your cooking when you want added flavor.

**Higher enzyme count:** Micros contain 100 times more enzymes than fresh fruits and vegetables!

**Increased essential fatty acids and fibre:** Micros are a great source of both fatty acids and fibre, both of which are increased during sprouting.

**Increased bio-availability of minerals and protein:** When the seed starts to sprout, minerals such as calcium and magnesium bind to protein in the seed, making the minerals and protein available and usable in your body.

**Heart-healthy:** Certain microgreens have the ability to lower cholesterol which helps promote good heart health.



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