



How To Use Microgreens

There are many ways to use your microgreens.

Use your imagination!

But here are a few tried and true uses that will help you make the most of your greens.

Salads

- Sprinkled on top, mixed into your salad, or used to replace adult vegetables. Microgreens add a burst of flavor, texture and nutrition.
- These greens can also be used to create a fantastic salad dressing. Chop them up and blend them in with salt and pepper, olive oil, vinegar, and/or Greek yogurt.

Soups

- Think of the movie Ratatouille... Anything and everything you throw into your pot will enhance the flavors. Microgreens like Basil, Radish, Micro Mix, and many others can make any soup explode with flavor.

Stir Fry & Pastas

- Garnish your dishes for add flavor and presentation. These greens can also hold up to cooking and tossing in the pan the last couple minutes before serving.
- Sweet Pea, Kale, Broccoli, Radish, Micro mix can all be sautéed into your meals.

Sandwiches & Wraps

- Microgreens in your sandwiches help to make a more filling and nutritionally dense meal. Allow for your sandwiches to have a more texture and crunch. It's more fun, colorful, and appetizing. Try them on your sub sandwiches, tuna salad, chicken salads, and panini sandwiches. Your creativity and imagination is endless!

Smoothies

- Microgreens add an immense amount of nutrition to smoothies. Use some of the milder options to start and experiment with other robust flavors as you become more familiar with them.
- Broccoli, Kale, and Sunflower all add high vitamin and mineral content to your smoothie with a mild flavor.

Other Examples

- Pizza, Hamburgers, Burritos, Tacos, Omelettes, Caprese, Pesto dressing, Cheese and Jam Toast, and so many more.
- Look out for more recipes and inspirations on our website and Instagram!