

Add logo  
here

# How to Use Microgreens

There are as many ways to use your microgreens as you can imagine, but a few tried and true uses will help you make the most of your greens.

## YOU'LL LOVE OUR MICROGREENS!

### Salads

Any of the microgreens make an excellent addition to salads. They can be sprinkled on top for a burst of flavor and nutrition.

They can be used to replace adult vegetables entirely.

Microgreens can also make a fantastic dressing particularly the spicier options like mustards. Try chopping the greens finely and mixing with oil and vinegar. Or use your blender to make a smooth dressing with yoghurt, microgreens and a little salt.

### Smoothies

Many microgreens make adding nutrition to smoothies simple and tasty.

We recommend using some of our milder options to start and experimenting with more robust flavors as you become familiar with them.

Broccoli, cabbage, kale, tat soi and sunflowers all add high vitamin and mineral content to your smoothie with a mild flavor.

### Pastas and Stir-fry's

Microgreens can be sprinkled on top of any hot dish, but some also hold up to cooking or tossing with hot noodles.

- Any of the Pea Shoots can be lightly sautéed with garlic and soy sauce for a wonderful simple side dish
- Buckwheat greens can be cooked like spinach and make an interesting, slightly sour addition to many egg dishes.
- Brassicas (cabbage, kale, mustards) are perfect for tossing with pasta just before serving. The heat wilts them slightly but the stems retain their pleasant crunch.

### Main Dishes

Using microgreens to augment the flavors of meats or other main dishes is easy if you think of them as similar in flavor to their adult counterpoints. Broccoli goes well sprinkled on steak. Kale combined with pesto noodles and grilled veggies makes a savory dish. Mustards are terrific on chicken or soy-based dishes. Radishes add spice to any dish.

Add logo  
here

# Microgreen Live Tray Care 101

"Live" microgreen trays are growing and thriving when they arrive. There are a few simple steps you can take to extend their shelf life.

## HOW TO CARE FOR YOUR TRAY

### Watering

The growing media should remain moist but not saturated. When it is time to water, the simplest way is to remove or tilt up the greens tray and pour 1-2 cups of water into the lower tray.

GENTLY replace the greens. Repeat this process every 1-2 days until your trays are empty. Depending on the heat and airflow in your area they may need to be watered more or less frequently.

### Air Flow

Plants love a gentle breeze. If possible, keep your microgreens in an area with moving air. A table near a ceiling fan or in a high traffic area works well. Try to avoid keeping the greens in an enclosed space.

### Light

Microgreens will continue to grow without supplemental light but do benefit from some light during the day. A sunny window sill or table under a light fixture both provide enough light to keep greens going.

*Chef's Note: Most live trays can be held in the walk-in for up to a week. Be sure to store them on the top rack to comply with food safety regulations. They will not continue to grow but they will stay alive and be ready to cut when you are.*

### Harvesting Your Microgreens

The simplest way to harvest your greens is with a clean pair of scissors. Hold the group of greens you wish to use and cut close to the soil line. For harvesting the entire tray at once it is best to use a sharp knife and hold the greens well above the cut line.

As with any produce it is best to rinse greens before eating to remove any seed hulls or growing media. If you will be storing cut greens in the fridge, make sure the surface of the leaves is dry before packaging.

### What to do with the remainder?

If you wish to make use of this resource yourself there are a couple of great ways to get the most out of your spent trays.

- Chickens and other birds LOVE to pick through the soil for seeds and stems. They are an excellent source of minerals and vitamins for animals.
- Feed your worms. If you have a worm bin at home you can just dump the growing media and roots directly into it. Worms adore decomposing roots.