

# MICROGREEN PROFILE

MARCH-MAY



## IT PAIR WELL WITH...

- RADISHES, OLIVE OIL, LIME JUICE
- RICE VINEGAR, HONEY, SOY SAUCE
- CHICKEN, RICOTTA, RED ONION

## PREPARATION TECHNIQUES...

- TYPICALLY, MICROGREENS ARE BEST SERVED FRESH ON TOP OF A DISH OR BLENDED INTO A PESTO OR SMOOTHIE

## NUTRIENTS AND BENEFITS

- Magnesium
  - Aid in bone health, maintain heart health, boost exercise performance
- Iron
  - Regulate body temp, prevent fatigue
- Zinc
  - Support immune function, combat cancer, protect the heart

## ANTIOXIDANTS AND BENEFITS

- Vitamin E
  - Protect from free radicals, limit free radical production, prevent or delay chronic diseases, reduce oxidative stress, reduce heart disease risk factors

## KEEP IN MIND...

- **Notable flavor**
  - Lemony, sweet and sour, nutty
- **Can you consume it raw?**
  - Yes! Microgreens are almost always served raw as a garnish or in salads, they can be cooked though it is uncommon
- **What parts of the plant can you eat?**
  - The entire microgreen is edible
- **Short term storage**
  - Low humidity, allow microgreens to dry completely, store in fridge in the fresh drawer for up to 12 days
- **Long term storage**
  - Microgreens do not last for long term storage. As a fragile green, their shelf life is limited

## Nutrition Facts

Serving size: 25 g  
Servings: 1

Amount per serving

**Calories** **7**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

**Cholesterol** 0mg 0%

**Sodium** 3mg 0%

**Total Carbohydrate** 1.1g 0%

Dietary Fiber 0.5g 2%

Total Sugars 0g

**Protein** 0.5g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 4mg 22%

Potassium 0mg 0%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

