

Harvest of the Month



MICROGREENS

Local Highlight

Microgreens are grown by several farms in Humboldt County, typically in a greenhouse or other controlled environment. Check out our video about Fieldbrook Family Farm and their microgreens!

vimeo.com/channels/hcoenutrition

Literature Links

- *Plants Feed Me*, by Lizzy Rockwell
- *Up in the Garden, Down in the Dirt*, by Kate Messner

Joke Corner

What do microgreens say to encourage each other?

Be leaf in yourself!

You grow girl!

I'm rooting for you!

Grow for it!



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



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MICROGREENS



Spanish: las microverduras
Hmong: zaub ntsuab qhov me

Nutrition Power

Microgreens are an excellent source of vitamins C and K.



Vitamin C
Helps you heal!



Vitamin K
Helps keep your bones strong!

History

Microgreens are the young, tender seedlings of vegetables, grains, herbs and flowers. These include broccoli, sunflower, radish, pea, and many more! Ancient Chinese, Egyptian, and Roman documents talk about eating small young plants like microgreens, especially for extra nutrition in the winter. Chefs in California started using microgreens in the 1980's, mainly as a garnish on top of their gourmet dishes. Over time the tiny greens have become more popular and are now used in salads, sandwiches, smoothies and juices.



Did You Know?

- Plant parts we eat: LEAF and STEM
- Microgreens are immature plants that are harvested 7-21 days after seeding. They are usually only 2-4 inches tall.
- Microgreens are different from sprouts. Microgreens are grown in soil with direct light, and are harvested by cutting the plant above the soil line. The roots are not eaten. Sprouts are grown with water and little light, and the whole plants (tiny roots and all) are eaten.
- Microgreens are packed with flavor and nutrients! These baby plants have higher levels of many vitamins, minerals, and antioxidants compared to their fully grown form.

