

Harvest of the Month



MICROGREENS



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** some microgreens.
2. **MAKE** a dish with microgreens using the recipe and ingredients provided.
3. **LEARN** about microgreens with the information below.

Fun Facts

- Microgreens are the young, leafy seedlings of different vegetables, grains, herbs, and flowers.
- Microgreens are packed with flavor and nutrition, making them a perfect addition to soups, salads, sandwiches and even smoothies!
- Microgreens can be grown at home in as little time as 7-21 days! Supplies needed include seeds, soil mix, a container, a light source, and water.
- Microgreens are excellent sources of vitamins and minerals that vary depending on the type of plant.

Local Connection



Kari and Kendall Elkins of Freshwater Family Farm specialize in microgreens. They grow many different types using soil mix and artificial lights. Their most popular product is a tasty, nutritious mix of broccoli, sunflower, pea, buckwheat, radish, and kohlrabi!



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Got CalFresh? Be sure to reach out to DHHS or one of the many community partners if you ever have a question about the program. Family Resource Centers and Food For People are wonderful resources.