



MICROGREENS

- Microgreens are the young, tender seedlings of vegetables, grains, herbs and flowers. These can include broccoli, sunflower, radish, pea, buckwheat, and many more!
- There is evidence that ancient Chinese, Egyptian, and Roman peoples ate small, young plants like microgreens. Microgreens first became popular in the U.S. in California in the 1980s.
- Microgreens are packed with flavor and nutrients! These baby plants can have higher levels of many vitamins, minerals, and antioxidants compared to their fully grown form.



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



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SCIENCE: Microgreens Versus Sprouts

Microgreens and sprouts are two kinds of edible baby plants, but they are grown in different ways.



Microgreens are usually grown by planting seeds in a **container of soil mix**. The container is placed in plenty of light, either natural or artificial, and kept watered. The seeds germinate (or sprout) and are allowed to grow until their first set of true leaves appear. This takes **7-21 days** depending on the variety. At this stage the microgreens are usually 2-4 inches tall. Microgreens can be harvested with scissors by cutting the plants above the soil line, leaving the roots behind. When you eat microgreens, you eat the **stem and leaves** of the seedling. Microgreens tend to have more flavor and color than sprouts.



Sprouts are often grown by placing seeds into a **jar with water**, away from direct light. After the seeds have soaked for around 8 hours, they are drained and rinsed. The seeds continue to be rinsed and drained several times a day as they germinate. During this time a shoot and a root will emerge from the seed, using the nourishment provided by the seed to grow. Sprouts can be ready to eat in as little as **3-5 days**. When you eat sprouts, you eat the **whole baby plant**, including the tiny roots.



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