

MICROGREENS WITH MAX POTENTIAL

THESE PLANTS CARRY A POWERFUL NUTRITIONAL PUNCH, DESPITE THEIR SIZE.

SINCE FARMERS BEGAN growing microgreens in the 1990s—arugula, cilantro, kale, radish leaves, cabbage, sunflowers and more—it's become a trend. Microgreens are simply vegetables and herbs grown in soil and picked when they're still immature, harvested within a week to 14 days of planting. These tiny titans pack a powerful nutritional punch.

The Power of Micro

These 1- to 3-inch plants have a higher nutritional concentration than when they're full grown, according to the *Journal of Agricultural and Food Chemistry*. A new study by the Journal found that microgreens have six to nine times the vitamins

and phytochemicals than the full-grown plants. Red-cabbage micros are among the highest, with 40 times the amount of vitamin E and six times the vitamin C.

Buy, Store, Grow

Typically, the greens with the most intense color are the most nutritious. They're available at farmer's markets and specialty groceries, but you shouldn't hesitate to exercise your green thumb, as they're very easy to grow. Just use a couple of inches of moist soil, scatter the seeds on top, cover with a thin layer of soil that you keep moist—then snip and eat them once they're just a couple of inches in height.



RECIPE MICROGREEN SALAD

SALAD INGREDIENTS:

- 1 cup microgreens
- 1 blood orange, peeled and cubed (or other citrus as available)
- ½ avocado, peeled and cubed
- ½ cup shredded carrot or radish
- ¼ cup chopped walnuts

VINAIGRETTE INGREDIENTS:

- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 clove chopped garlic
- Dash of salt and pepper

DIRECTIONS:

Give your greens a light wash and air dry, being gentle. Place greens and salad ingredients in a bowl. Stir vinaigrette ingredients together in a small jar and pour over the salad. Enjoy!

