



**STARKE
AYRES**
Member of the PLENNEGY GROUP

MICROGREENS

**SMALL IN SIZE, BUT
BIG ON
FLAVOUR**

The benefits of microgreens

Microgreens are rich in nutrients, vitamins, minerals and fibre. They have a high antioxidant content, an aromatic flavour, and are believed to help prevent a range of diseases. They can also boost mental and physical well-being.

How to grow microgreens indoor

Growing microgreens is easy. Use the bottom of a container and add a 2cm layer of potting soil or palm peat, patting level with your hand. Scatter the seeds evenly and cover them with a thin layer of soil or palm peat.

Keep moist by using a water spray bottle. You can also cover with a plastic lid or use plastic wrap until the seeds have sprouted, which will take anything from 3 to 7 days. Once the seeds have sprouted, remove the cover, and continue to keep moist.

The microgreens are ready to harvest once the leaves have formed and the plants are approximately 4cm tall. Rinse your harvest and enjoy!

Harvesting microgreens

Gently grab a bunch and, with your other hand, snip the greens off just above the soil level with scissors. Wash thoroughly and dry. It's best to use the microgreens immediately.

However, you can keep extra greens in the refrigerator by wrapping them in a paper towel and placing in an airtight container.

Once harvested, microgreens will not grow back. You therefore need to plant new seeds and start the process again.

Life is better with microgreens

#HealthyLife

#SustainableLiving

#GoMicrogreen

How to eat microgreens

Microgreens are best eaten fresh and used as a garnish. They add a fresh crunch of flavour that will mimic the flavour of the mature plant. It's super convenient to have them growing in your kitchen so you can harvest as you plate your food.

Basil microgreens make a great addition to pasta salads; lettuce microgreens are great with fish. Try to think of how the mature plant would taste with your recipe - the microgreens will add a similar flavour with a fresh crunch.

Microgreens are very delicate and do not do well when heated. You should not try to cook the microgreens. Rather just sprinkle them like "food confetti" on your completed dishes.

You can:

Toss them on top of pizza, egg dishes, avocado toast, pasta and lean proteins. Add them to green and grain salads, sandwiches, soups, smoothies and juices. Use them to garnish any dish and effortlessly make it look fancy.

