

Purdue Extension

# FoodLink®

[www.purdue.edu/FoodLink](http://www.purdue.edu/FoodLink)

## MICROGREENS

### Types

Microgreens are tiny young vegetable or herb plant greens. Their flavor, color, and texture depend on the particular type of plant.

**Examples include:** radish, kale, beet, basil, amaranth, cilantro, carrot, mustard, sorrel, dill, chard. They are often sold in mixes.

### Selection Info

Look for crisp, fresh greens (leaves and stems). Avoid limp or wilted greens.

### Preparation

Gently rinse with cool water right before use and dry with paper towels or in a salad spinner.

Microgreens are mostly used uncooked and fresh. Just add your favorite microgreen to any recipe for a pop of flavor and texture.

### Storage

**Short-Term Storage:** Lightly wrap unwashed microgreens in a damp paper towel and store in a plastic bag in the crisper drawer of your refrigerator. They will keep this way for 5-7 days.

**Long-Term Storage:** Research is still being done on how to properly store microgreens long-term.

Purdue Extension

# FoodLink®

[www.purdue.edu/FoodLink](http://www.purdue.edu/FoodLink)

## MICROGREENS

### Types

Microgreens are tiny young vegetable or herb plant greens. Their flavor, color, and texture depend on the particular type of plant.

**Examples include:** radish, kale, beet, basil, amaranth, cilantro, carrot, mustard, sorrel, dill, chard. They are often sold in mixes.

### Selection Info

Look for crisp, fresh greens (leaves and stems). Avoid limp or wilted greens.

### Preparation

Gently rinse with cool water right before use and dry with paper towels or in a salad spinner.

Microgreens are mostly used uncooked and fresh. Just add your favorite microgreen to any recipe for a pop of flavor and texture.

### Storage

**Short-Term Storage:** Lightly wrap unwashed microgreens in a damp paper towel and store in a plastic bag in the crisper drawer of your refrigerator. They will keep this way for 5-7 days.

**Long-Term Storage:** Research is still being done on how to properly store microgreens long-term.

LF

Looking for a source of fresh local fruits and vegetables??? ...  
Look here ... [www.purdue.edu/foodlink/about.php](http://www.purdue.edu/foodlink/about.php)

Funding provided by USDA Specialty Crop Block Grant

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

LF

Looking for a source of fresh local fruits and vegetables??? ...  
Look here ... [www.purdue.edu/foodlink/about.php](http://www.purdue.edu/foodlink/about.php)

Funding provided by USDA Specialty Crop Block Grant

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

# HOMEGROWN MICROGREENS SALAD

## Ingredients

For the Salad:

- 1 cup of microgreens
- 1 blood orange, peeled and cubed
- 1/2 avocado, peeled and cubed
- 1/2 cup of shredded carrot or daikon radish
- 1/4 cup chopped walnuts

For the Dressing:

- 1 tbsp. cold-pressed olive oil
- 1 tbsp. lemon juice
- 1 clove chopped garlic (optional)
- A dash of salt and pepper



Learn more about **MICROGREENS** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=microgreens>.

 **Share your recipes!**

## Directions

1. Gently wash and air dry the microgreens in a colander for a few moments. (They are very fragile and need to be handled with care).
2. Place them in a bowl and top with remaining salad ingredients.
3. Stir up your vinaigrette in a jar and toss lightly with salad.

### Nutrition Information

Calories	329
Total fat	23 grams
Carbohydrates	32 grams
Protein	6 grams
Sodium	180 mg

# HOMEGROWN MICROGREENS SALAD

## Ingredients

For the Salad:

- 1 cup of microgreens
- 1 blood orange, peeled and cubed
- 1/2 avocado, peeled and cubed
- 1/2 cup of shredded carrot or daikon radish
- 1/4 cup chopped walnuts

For the Dressing:

- 1 tbsp. cold-pressed olive oil
- 1 tbsp. lemon juice
- 1 clove chopped garlic (optional)
- A dash of salt and pepper



Learn more about **MICROGREENS** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=microgreens>.

 **Share your recipes!**

## Directions

1. Gently wash and air dry the microgreens in a colander for a few moments. (They are very fragile and need to be handled with care).
2. Place them in a bowl and top with remaining salad ingredients.
3. Stir up your vinaigrette in a jar and toss lightly with salad.

### Nutrition Information

Calories	329
Total fat	23 grams
Carbohydrates	32 grams
Protein	6 grams
Sodium	180 mg