

Purdue Extension

FoodLink

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.

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LF

Looking for a source of fresh local fruits and vegetables??? ...
Look here ... www.purdue.edu/foodlink/about.php

Funding provided by USDA Speciality Crop Block Grant
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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

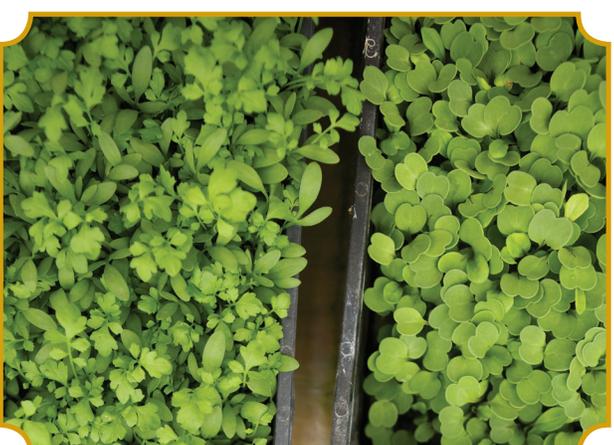
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