



Know What You Grow!



Microgreens

Topic: Microgreens

Microgreens are young vegetable greens that are approximately 1–3 inches (2.5–7.5 cm) tall, when harvested. They are fast growing.

Recommended Seeds:

Radish, kale, broccoli, lettuces, mustard, cabbage, watercress, arugula, beets, peas, spinach to name a few.

Common Problem(s):

Microgreens do not have a lot of roots, so the paper towels or other media have to be watered often but not kept soggy wet. A spray bottle of water is recommended. Do not use if there is any sign of mold or decay.

Healthline

Photos: Creative Commons

Growing Information

All Season Plant

Don't think you have a green thumb, or you don't have a yard for gardening? No problem! You can easily grow fresh, nutritious microgreens all year long in a sunny window in your home.

Growing Guidance

Microgreens can be grown in soil or there is the option of using **soilless growing** media such as a growing mat, coconut fiber or paper towels. Choose like sized seeds if you are mixing your seeds.

- Line a plastic container with 4 thicknesses of paper towels
- Scatter seeds over wet paper towel and keep moist with spray bottle a couple times a day
- Cover or keep in dark place until they sprout
- Uncover and place in bright window

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Fruits and Nuts



Interesting Facts

Microgreens are **vegetable greens** (not to be confused with **sprouts** or **shoots**) harvested just after the first and possibly second set of leaves have developed. They are used as a **nutrition** supplement, a visual enhancement, and a flavor and texture enhancement. Microgreens can add sweetness and spiciness to foods. Microgreens are smaller than “baby greens” because they are consumed very soon after sprouting, rather than after the plant has matured to produce multiple leaves. They are now considered a specialty genre of greens, good for **garnishing** salads, soups, sandwiches, and plates.

A study conducted by the University of Maryland’s Department of Nutrition and Food Science and published in the July 18, 2012 edition of the Journal of Agricultural and Food Chemistry, concluded that microgreens pack 4 to 40 times more nutrients than their fully-grown counterparts. These nutrients for growing children include building blocks like protein, which promotes muscle growth and development; essential vitamins C, E and K; and beta-carotene and lutein, which are vital for eye health.

[Wikipedia](#)

[Carolina Parent](#)

Contact Information



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Nutritional Information

Nutritional Value

Despite their small size, they pack a nutritional punch, often containing higher nutrient levels than more mature vegetable greens. This makes them a good addition to any diet.

[Healthline](#)

Uses:



- A delicious topping on pizza or flatbread
- Spice up a salad by adding microgreens
- Adds a punch of freshness to an otherwise heavy sandwich or hamburger
- Add to wraps for additional nutrition
- Toss a small handful into a smoothie or juice before blending
- Add to an omelet or frittata
- Try in soups, stews, tacos and in meat dishes
- Microgreens are versatile and flavorful and can complement in any dish.
- And yes, they make powerful and delicious garnishes, but they are more than just garnishes.

Photo and Suggested Uses: [Nick Greens](#)