

Food for Health: Microgreens

LF Microgreens - Little Falls, MN

The locally sourced items available through Sprout can benefit individual health and promote environmental and economic health in the community.



Microgreens are young vegetables and herbs harvested shortly after germination. They are usually about 1-3 inches long and come in a rainbow of colors.

Microgreens are low maintenance and can be grown year around. Ben started LF Microgreens last year and now has 10 varieties. Healthy plants have less need for pesticides or herbicides. Ben doesn't use any on his microgreens.

Microgreens are a superfood that contain 4 to 40 times the nutrients as their mature counterparts.

They're rich in vitamin K, C, E, A, and lutein which are important for skin, eye, and immune health.

Fresh, local food has higher nutrient content and tastes better.

Ben believes food equity can be achieved once everyone has access to healthy, nutritious food.

“

Sustainable farming means taking care of soil so it can take care of us.

- LF Microgreens

”



Superfood Salad

Directions

1. In a small bowl, whisk all the ingredients for the dressing until combined.
2. In a large bowl, combine microgreens, romaine, parsley, cucumbers, cheese, and desired amount of dressing.
3. Optional: add other sliced or grated vegetables, hard boiled eggs, or your choice of meat

Cooking tip: microgreens can be used to garnish anything

Storage tip: wrap microgreens with a damp towel and store in a sealed bag or container to preserve freshness

Ingredients

Dressing:

- 3 garlic scapes, finely chopped
- 1 Tbsp honey
- ¼ cup sunflower oil
- 2 Tbsp vinegar (apple cider, white, or rice)
- 1 Tbsp dijon mustard
- Salt and pepper to taste

Salad:

- 1 cup microgreens
- 1/2 romaine head, chopped and rinsed
- 3 Tbsp parsley, coarsely chopped
- 1 cucumber, sliced and halved
- Crumbled or grated cheese of choice



To learn more, visit the
Sprout website at
www.sproutmn.com/recipes.