



Marissa's Microgreens Newsletter:

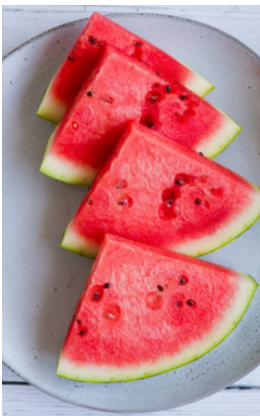
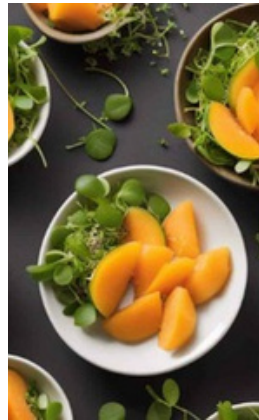
BLACK HISTORY

more than a month

Microgreen Of The Month:

The Melon Microgreen

Melon microgreens have an incredible fresh cantaloupe aroma, and are lightly sweet, with slight fresh cucumber notes. In addition to all of the health benefits of watermelons (see below article), melon microgreens are a nutritional powerhouse that are rich in vitamins A and C, which are essential for maintaining healthy skin and boosting immunity, and potassium and carotenoids to support heart and eye health.



Cantaloupe microgreens are a versatile ingredient that can be used in many dishes. They add a fruity flavor and a pop of color, making them a great addition to any meal. For Melon Microgreen recipes [click here](#).

Black
History
Month
Edition:

Red, Black, &
MicroGreens

RECIPE OF THE MONTH:

SIMPLE LEMON PASTA WITH PARMESAN & PEA SHOOTS

Prep Time: 15 mins Cook Time: 10 mins Total Time: 25 minutes Yield: Serves 4

>>> INSTRUCTIONS

1. If your pea shoots are particularly long, chop them into halves or thirds so they're a bit easier to manage. Set aside.
2. In a large bowl, whisk together lemon zest, lemon juice, olive oil, grated parmesan cheese, and a generous amount of fresh ground pepper.
3. Cook pasta in very salty water until al dente.
4. Reserve 1/2 cup of the pasta water (I just ladle some of the hot water out of the pot and into a measuring cup).
5. Drain pasta and immediately add it to the mixing bowl with the lemon-olive oil mixture.
6. Add reserved pasta water and toss to combine. The heat from the pasta will warm the sauce and melt the parmesan cheese.
7. Add pea shoots to pasta and toss until parmesan has melted into a smooth sauce and pea shoots have softened slightly.
8. Taste pasta and add a pinch of kosher salt to taste.
9. Top pasta with additional parmesan cheese for garnish and serve immediately.

INGREDIENTS

- 2 heaping cups fresh pea shoots or pea tendrils
- Zest of 1 large lemon
- 1/4 cup lemon juice
- 1/3 cup good-quality extra virgin olive oil
- 1 cup grated parmesan cheese, plus extra for garnish
(see recipe notes)
- Fresh ground black pepper, to taste
- 1/2 lb. spaghetti or other pasta of your choice
- 1/2 cup pasta water (reserved from when you cook the pasta)
- Kosher salt, to taste

FIND IT ONLINE

>>> NOTES

***Strict vegetarians should use a vegetarian parmesan cheese *Don't use pre-shredded cheese in this recipe!!! Most**

store-bought shredded parmesan is treated with preservatives that prevent it from melting smoothly, and you'll end up with a clumpy mess instead of a smooth sauce. For best results, buy a block of parmesano reggiano cheese (AKA "real" parmesan cheese) and grate it yourself with a microplane or the small side of a box grater.

***Use a good quality olive oil in this recipe - because there are so few ingredients, the quality here really makes a difference!**

***SALT YOUR PASTA WATER! It makes all the difference. *Use PLENTY of fresh ground black pepper in this recipe, and**

don't be afraid to add an extra pinch of kosher salt to bring out the flavors. When you're working with so few ingredients, proper seasoning is everything - so don't forget to taste your pasta before you serve it and add salt and pepper as necessary!

***Use whatever you have on hand for this recipe! Add peas, asparagus, broccoli, or other veggies to the pasta for a fun twist, mix in some fresh garden herbs, or serve with grilled chicken, salmon, or shrimp for a heartier meal.**

***For a vegan version of this recipe, use vegan pasta and eliminate the parmesan cheese.**



SUBSCRIPTION CLUB- FREEBIE HIGHLIGHT



Have you heard of our brand-new MM Sub Club? With our monthly subscriptions you can have fresh microgreens delivered to your door on a weekly or bi-weekly basis. Delivery is always free, and you are sure to enjoy all of the tasty bonuses that you just won't find at our farmers market stand (such as melon and popcorn varieties)! Speaking of our farmers market stand, if you sign up for our Sub Club before July 31st you will get a FREE handmade plant holder as a welcome bonus.

WHAT IS FOOD APARTHEID?

By Marissa Brown

Food apartheid reflects the structural injustices and disparities in food access faced by low-income communities and communities of color particularly Black communities. The term apartheid refers to racial segregation that was enforced by law in South Africa from 1948 to 1994, and its use underscores that similar systems of oppression are responsible for food insecurity. Karen Washington, food justice advocate, organizer, and author, first coined the term food apartheid to draw attention to the “root causes of inequity in our food system based on race, class, and geography.”

Washington emphasizes that “healthy, fresh food is accessible in wealthy neighborhoods while unhealthy food abounds in poor neighborhoods... Food apartheid underscores that this results from decades of discriminatory planning and policy decisions.” By applying this term to inequitable food access, it draws attention to the intentional actions and policies that have created and continue to perpetuate inequities. It also emphasizes that food insecurity isn't just a result of geographic location but instead, it is deeply entrenched in historical, political, social, and economic systems. By understanding that food apartheid (not deserts) results from systemic injustices, we can better develop long-lasting solutions.

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Your gift will enable us to continue our operations and contribute to the fight against food apartheid. We are incredibly grateful for your generosity.



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DATE: FROM 12-2PM

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