How to Care for and Eat Your Greens!

Care Instructions:

- Keep in a Ziploc bag or airtight container.

- Keep a paper towel in the bag changing it out as it dampens.

- You can also spread the greens out on a paper towel and roll them in it before putting in your container or bag.

- If you have a large quantity of a variety, you can separate in to different bags to avoid opening the same bag multiple times. Keep in mind, the paper towel will still need to be changed occasionally.

- Like most organic produce, if cared for properly, your microgreens will last about a week. Sunflower and Pea Shoots can last at least twice that.

Eating Your Greens!

We know when adding something new to your diet, the hardest part can be figuring out how to consume them. Believe it or not, there are countless ways! Here are a few to get you started.

We probably already spoke to you about smoothies and juicing. We put a half ounce to an ounce in our smoothies daily. Juicing is also a great way to extend the life of your greens when they are nearing the end.

We also probably already shared that anything you would normally put lettuce or spinach on as a green, you can substitute microgreens and get a much wider variety of nutrients and more nutrients! This includes Burgers, Tacos, Burritos, Sandwiches, Wraps, and more.

In addition, after you plate up pasta, soup, rice dishes, etc. stir in your more delicate varieties like broccoli or wasabi and let them soften in the dish without cooking to maintain all the nutrients.

Chopped up Sunflowers, Peas and Radish (really any green!) can make a great addition to a cucumber or fruit salad. We have also added them to potato salad.

If you’re adventurous like us, you can even make a pesto out of your greens and extend the shelf life! Radish makes a wonderful spicy pesto but, you can use any green with basil, cashews, parmesan, lemon juice, olive oil salt and pepper in a blender and make some killer nutrient dense pesto for cracker snacks or a pasta dish!

Not sure how to get your greens in every meal? Breakfast is generally the more difficult one to envision. However, you can Eat Your Greens! on top of eggs with salsa. It is amazing! You can also make some toast, spread avocado on it, sprinkle your greens on and top with salt and pepper! My favorite is Sunflower & Radish.

Lastly, we have cooked with them as well. Now, just like any other veggie, they will lose some nutrients being cooked but, it is an option.

We hope this helps! If you come up with any other ideas or just want to share your dishes, we would love to hear from you. Post pictures of your creations and tag us on Facebook or Instagram.