



# DELICIOUS IDEAS ON HOW TO EAT MICROGREENS!

Our microgreens are organically grown, harvested, and packaged in Brattleboro, VT. They are nutrient dense and delicious.

## GREEN SALADS



JMR

Microgreens are a refreshing addition to salads. Try Sunflower microgreens, Pea Shoot or Unity Mix for flavor, crunch, and beauty.

## PASTA



JMR - Granita Enoteca

Use as a beautiful topper and fold them into a pasta dish. Try Sunflower and Pea Shoot microgreens instead of broccoli next time you enjoy pasta.

## SANDWICHES, WRAPS, GRILLED CHEESE, AND BURGERS

Replace romaine or iceberg lettuce with the nutritious option of Sunflower greens, Pea Shoots, or Radish for some spice.



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## SOUP

Chop microgreens and place in vegetable, beef, or creamy chowders (near the end of cooking); blended into a split pea or broccoli & cheddar soup.

## NOODLE BOWLS



JMR

Microgreens are a great addition to any hot bowl of noodle soup. Use them as a topper or near the end of cooking.

## PIZZA



JMR

Before, during or after baking a pizza, Sunflower and Pea Shoot microgreens are a great addition of flavor, nutrition and beauty.