



MICRO GREENS

A FRESH TASTE OF LEAVES

TAKE
ONE FOR
FREE

MICROGREENS

Fast, healthy and easy to
grow all year round!



WHAT ARE MICROGREENS?

Microgreens are also known as vegetable sprouts or just sprouts. It is a collective name for vegetables and herbs that you can harvest at an early stage. You can harvest them as a bud or let them grow a bit more and harvest them as young leaves. Sprouts are very healthy and versatile. You can recognise them by their fresh and spicy taste, which makes them very suitable as a flavour enhancer in, for example, soups or salads.

MICRO LEAVES AND BABY LEAVES

The microgreens collection consists of micro leaves and baby leaves. Micro leaves are the sprouts and therefore the youngest stage. You harvest and eat both the stem and the leaf. Baby leaves are left to grow a bit longer. These are the young shoots of the plants and you only eat the leaves.



Lemon Basil



Borage



Mustard Red Frills



Blood Sorrel



Kale



Radish



Cress



Tatsoi



Red Mizuna

BABY
LEAVES



Mustard
Red Frills



Kale



Mixed lettuce



Mixed Swiss
Chard



Tatsoi



Red Mizuna



Pea Shoots

Tip:

Some varieties can be eaten in both stages. Feel free to experiment to see which variant you like best.

BENEFITS OF MICROGREENS

There are many benefits to microgreens. They are fast and easy to grow. Both indoors and outdoors, all year round. Microgreens are healthy and extremely versatile. So there's really no reason not to give them a try.

READY IN
1-4
WEEKS



EASY

GROW
YEAR
ROUND

FIT



HEALTHY

Microgreens are incredibly healthy. These young sprouts still contain all the nutrients that the plants will use to grow in later stages. They contain a lot of fibre and few calories. Vegetable sprouts are especially rich in carbohydrates, proteins, vitamins A and C, and contain many minerals. Examples include calcium, iron, magnesium, phosphorus and potassium. Sprouts also contain relatively many antioxidants. So they are not only tasty, but also a very healthy addition to your meal.



EASY

If you want to get started growing vegetables yourself, you can't go wrong with microgreens. Sprouts don't need much. You can easily grow them both indoors and outdoors. So you don't need a large garden or terrace. A small pot on the windowsill is enough. There are special grow kits that allow you to get started quickly. These are used for the micro leaves. It is preferable to sow baby leaves in the open ground, or if you don't have a garden at your disposal, in a tray indoors or on the terrace. Microgreens are not seasonal and can therefore be grown all year round. Finally, you will enjoy the results of your work very quickly!

Some varieties can be harvested as early as a week after sowing.



HOW TO GROW

Both micro leaves and baby leaves are easy and quick to grow. However, there is a difference between the two types. Baby leaves are best grown in the soil, preferably in the open ground. Micro leaves are grown in soil, in special growing kits or in a tray with, for example, a wet layer of cotton wool or cotton.



MICRO LEAVES

Take a tray and fill it with a thin layer of soil or a layer of wet cotton, kitchen roll or cotton wool. Sprinkle the seeds over this layer and then cover with another thin layer of soil or other material. Place the tray in a warm, bright place and keep it moist. You will soon see the seeds sprout and will probably be able to harvest after a week. You do this by cutting the stems.

BABY LEAVES

Although you can also grow baby leaves in the above way, it is preferable to sow them in the open ground. Sow them shallow and cover with a thin layer of soil. When the seedling has acquired a number of beautiful leaves, you can pick them.



RECIPES

Microgreens are a super healthy and tasty addition to all kinds of dishes. Use them to give your sandwich a surprising twist or add them to soups or dishes; you can experiment to your heart's content. We help you on your way with tasty recipes.

Noodles with bell pepper, carrot and microgreens

A true stir-fry lends itself perfectly to microgreens. You can give such a delicious wok dish that little bit of extra flavour with some spicy micro or baby leaves. For this dish, we recommend mizuna green micro leaves. Enjoy your meal!

For 2 persons

INGREDIENTS

- 200 grams (cellophane) noodles
- 1 red bell pepper
- 150 grams green beans
- 100 grams carrot
- Soy sauce
- Handful of micro or baby leaves
- Sesame seeds

PREPARATION

Break the green beans and cook them al dente. Cook the noodles according to the directions on the package. Cut the bell pepper and carrot into cubes. Heat (wok) oil in a pan and fry the vegetables briefly. Add a splash of soy sauce and then add the noodles. Wok this for a few minutes. Serve the dish with the micro or baby leaves and sesame seeds.





Breakfast burger with egg and pea shoots

Ever heard of a breakfast burger? Eating a burger for breakfast is surely the ultimate guilty pleasure. But you can feast on this nutritious burger without shame. It's the perfect breakfast for the weekend. This is how you make it.

For 2 persons

INGREDIENTS:

- 2 hamburger buns
- 4 eggs
- 2 tbsp milk
- 6 cucumber slices
- 2 slices of chicken fillet, ham or vegetarian alternative
- Pea shoots

PREPARATION

Beat the eggs together with the milk and fry in a hot frying pan. If necessary, use a ring mould to give the eggs the right shape. Cut the buns in half. Top with a slice of chicken fillet or other filling, then a fried egg, the cucumber slices and pea shoots. Then place another egg on the bun and finish with another slice of chicken fillet or other filling.

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Growing super healthy vegetables year round!



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