



TINY GREENS FARM PRESENTS

# MICROGREENS: WHAT ARE THEY & HOW TO ADD TO ANY DIET

Nicole Harris, CCWFN, NTP  
[www.tinygreensfarm.com](http://www.tinygreensfarm.com)



# NUTRIENT DENSE FOOD

## SIMPLIFIED

Let's face it, there are just too many types of diet trends today that we don't know where to begin. Mediterranean, Paleo, Keto, Low-Carb, FODMAP, and Blood-Type Diet, oh my!

When it comes to eating healthy, it needs to be simple and not overcomplicated (especially in today's busy world).

Microgreens are a convenient functional food that can be added to anyone's current diet or meals for a boost in health and well-being.

They truly are nutrient-dense food, simplified.





# WHAT IS FUNCTIONAL FOOD?

**IF YOU'RE THINKING SUPERFOOD - CORRECT!**

Functional food contains more than basic nutritional requirements and a wide range of vitamins, minerals, protective phytonutrients, antioxidants and other beneficial compounds.

Nutrient-dense food is not only subject to plant-based, vegan, or vegetarian diets.

Those that consume nutrient-dense animal products such as grass-fed beef, wild-caught salmon, or pastured eggs and butter from the farm can pair and enjoy microgreens with meals too.

Don't just think salads and smoothies, microgreens compliment a variety of foods!







# MICROGREENS

## TINY EDIBLE VERSIONS OF VEGETABLES AND HERBS WE KNOW AND LOVE!

In 2012, Researchers with the University of Maryland College of Agriculture and Natural Resources (AGNR) and the United States Department of Agriculture (USDA) completed one of the first studies to determine the level of nutrients in microgreens compared to their mature counterparts.

This study found that “In comparison with nutritional concentrations in mature leaves (USDA National Nutrient Database), the microgreen cotyledon leaves possessed higher nutritional densities.”



**Depending on the plant, microgreens contained 4 to 40 times more nutrients than their mature counterparts (like vitamin c and vitamin e). And that can be a lot when trying to budget in healthy foods!**







# HOW TO ADD MICROGREENS INTO YOUR DIET

## MEAL INSPIRATION

### **Breakfast:**



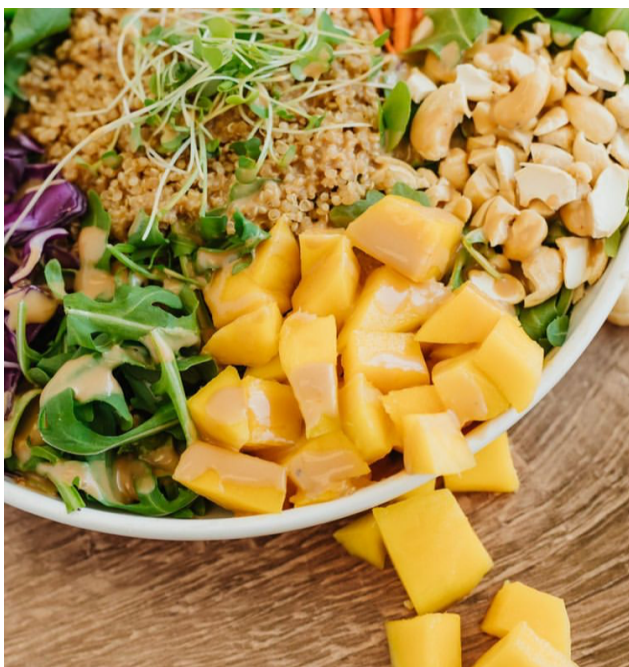
**Eggs** cooked in pastured butter and topped with microgreens with a side of uncured, local bacon.

**Breakfast Toast** with smashed avocado, tomatoes, olive oil, sea salt, and microgreens.

**Favorite Breakfast Smoothie** with sunflower shoots, broccoli microgreens, or any brassica family variety.







# HOW TO ADD MICROGREENS INTO YOUR DIET

## MEAL INSPIRATION

### Lunch:



**House Salad** (replace lettuce with your microgreens).

Add in a healthy fat such as avocado, sunflower seeds, shaved almonds, olives or use olive oil as your dressing base.

Add in protein such as legumes, grilled chicken, shrimp or salmon as well as in-season veggies and fruits.



**Sandwich** (your go-to lunch sandwich can be topped with microgreens instead of lettuce too). Healthier bread options: sourdough, rye, or sprouted grain breads.





# HOW TO ADD MICROGREENS INTO YOUR DIET

## MEAL INSPIRATION

### Dinner:

**Soups and Stews** (blend microgreens into vegetable pureed soups or use as a topping for stews. Use chopped pea tendrils instead of spinach or kale).

### Burgers/Steak/Fish/Poultry

Radish microgreens pair well with protein dishes.

**Pasta** (create a microgreen pesto sauce, let chopped pea tendrils wilt into a warm pasta dish for a nice primavera, or add as a topping to any dish).

