



## CULINARY MICROGREENS

**AMARANTH**...Add to Chicken, Fish, Rice, Salads, Soups. Popular garnish with its beautiful red color

**ARUGULA**...Wonderful peppery flavor. Add to salads, sandwiches, burgers.

**BASIL**...Delicious in fish, poultry, pasta, eggs and rice dishes. Wonderful on sandwiches.

**BROCCOLI**...Excellent choice with most meats, fish, chicken or vegetable dishes. Also great in smoothies. Easily digestible compared to the thick fibrous broccoli at the supermarket. Highly nutritious!

**CANTALOUPE**...Yes, Cantaloupe shoots! Add to salads, smoothies, sandwiches, pasta, rice, pizza.

**CARROTS**...Good choice for smoothies, salads or on a sandwich for a mildly sweet addition.

**CHERVIL**...A Parsley/Tarragon flavor. Add to fish, meat and chicken, pasta, soups, sauces and chili. Lightly mild flavor.

**CILANTRO**...Popular garnish. Complements meat, fish and poultry, eggs, noodle dishes, pizza and soups. Very aromatic too!

**DILL**...Wonderful with fish, pasta, chicken, sauces and soups.

**FENNEL**...Popular in European cooking. Wonderful in salads, tea, sausage, burgers, poultry or fish. Popular choice for juicing.

**KALE**...Can be eaten raw in salads, prepared in soup, added with pasta or sautéed. With a mild flavor, great as a topping on poultry, fish. Popular in smoothies with its high nutrient count. Very tender compared to full grown kale

**LEEKS**...Excellent addition to burgers, sandwiches, eggs, salads, potatoes, pizzas, tacos and stir-fry. Eggs & onion leeks

**RED LEAF MUSTARD**...Great for burgers, sandwiches, salads, soups. No need for other condiments if using our mustard

**PEA SHOOTS**...Pea shoots have a delicious pea flavor. Great on sandwiches, tacos and salads. Excellent in stir-fry. A popular choice for children. Add to school lunches.

**PURPLE RADISH**...Use in salad, soups, sandwiches, burgers, sushi or as a garnish. Adds a spicy kick to most dishes.

**SHISO**...Use in salads, soups, smoothies, sushi, fish, poultry, rice dishes. Adds a minty, basil taste and aroma.

**SORREL**...Use in sauces, soups, drinks, poultry, fish and fresh in salads. Add to a glass of water to get the lemon flavor.

**SPICY MIX**...Use in salads, burgers, sandwiches, fresh eating. Place salmon or chicken on a bed of Spicy Mix.

**SUNFLOWER SHOOTS**...Use in salads, sandwiches, burgers and pizzas. Great choice for snacks.

**WASABI**...Use on salads, poultry, fish. Also, adds flavor to sandwiches, burgers. As a bed with fish or chicken on top.

**WHEATGRASS**...Primarily used for juicing, but can be chopped up in salads. A favorite of cats. Also known as "Catgrass".