



Local PICK OF THE MONTH

January 2024
Microgreens

Microgreen Pesto

Ingredients

- 2 cups microgreens.
- 1 cup basil, spinach, or kale.
- 1 clove garlic, crushed.
- Juice of 1/2 lemon.
- 1/2 cup olive oil.
- 1/4 cup pepitas or pine nuts.
- Salt and pepper to taste.

Directions

- Combine all ingredients in a blender or food processor and blend until you get a smooth paste.
- Enjoy immediately or store in an airtight container in the refrigerator for up to 5 days.
- Enjoy on pasta, pizza, roasted vegetables, eggs, or chicken.

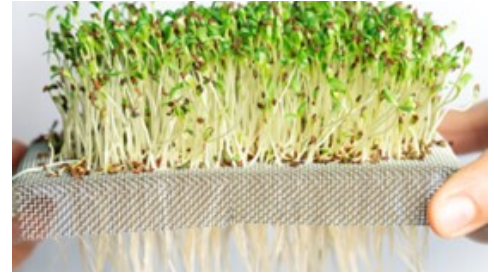
Yields 4, 1/4 cup servings.

Nutrition information per serving: 312 calories, 32 g fat, 1 g fiber, 2 g carbohydrates, 3 g protein

Recipe adapted from givinggreens.com.au

What's so great about microgreens?

- Many microgreens have been shown to contain more vitamins, minerals and antioxidants than mature greens.
- They can easily be grown at home in only ~14 days!
- Microgreens come in a variety of flavors and can be sweet, spicy, mild, earthy or bitter.



What's the best way to eat microgreens?

- Add microgreens to salads, sandwiches, and wraps.
- Boost the nutrition of any meal by using microgreens as a garnish.

Selection and preparation	
<p>Selection</p> <p>Choose microgreens that are bright in color and avoid any that are wilting.</p>	<p>Storage</p> <p>Wrap microgreens in a damp paper towel and place in a plastic bag in the refrigerator for up to a week.</p>
<p>Preparation</p> <p>Rinse before eating.</p>	<p>Cooking</p> <p>Microgreens are best eaten raw.</p>