

FACTSHEET

Microgreens are little vegetables that can be grown quickly and easily. Let's learn what makes them so special

DIFFERENT TYPES OF MICROGREENS

There are over 100 different varieties of microgreens. Here are just some of our favourites

CORIANDER

- Perfect for: Mexican, Indian and Thai dishes
- The ancient Greeks used coriander as an ingredient in perfume



DID YOU KNOW?
One serving of 25g microgreens contains just 5 calories



BROCCOLI

- Perfect for: stir-fries and soups
- Tom Landers holds the record for speed-eating broccoli, by consuming a pound in 92 seconds!

SPINACH

- Perfect for: salads and sandwiches
- In the 1930's, the Popeye cartoon character gained his strength from eating spinach



BEETROOT

- Perfect for: salads and fish
- In the past, beetroot juice was used as a red hair dye

FULL OF THE GOOD STUFF

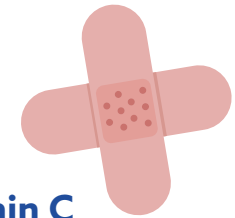
Microgreens are packed with goodness to help your body grow strong and healthy. Did you know they contain these vitamins?

Vitamin A



Have you ever wanted to have night vision? This vitamin will help you to see in the dark!

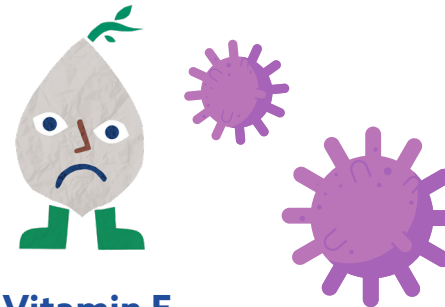
Vitamin C



Helps heal cuts and wounds by keeping our connective tissue healthy

Vitamin E

Helps our bodies to stay healthy and fight off bugs and viruses



DID YOU KNOW?
Microgreens contain up to 40 times more nutrients than fully-grown vegetables

Vitamin K

Helps blood to clot and stop bleeding when we have a cut

