



West Coast Seeds™

# MICROGREENS

LITTLE CAN  
BE LARGE

Nutrient-Packed Greens You Can Grow Year-Round

# WHAT ARE MICROGREENS AND WHY GROW THEM?

Microgreens are the tender immature seedlings of edible vegetables and herbs:

- in their 2nd stage of development.
- that contain 2 true leaves.
- that measure 1-3" in height.
- that contain chlorophyll and phytonutrients.

## Easy

Microgreens are easy to grow. With minimal equipment, you can have microgreens ready to harvest and enjoy in just one week.

## Nutrients

They have a concentrated nutrient content, often providing more health benefits per bite than mature plants.

## Taste

Microgreens taste like a more potently-flavoured version of an adult plant.

## Quick

The short growing period means less room for error, less commitment than full plants, and more opportunities for experimentation.

# MICROGREENS VS. SPROUTS: WHAT'S THE DIFFERENCE?

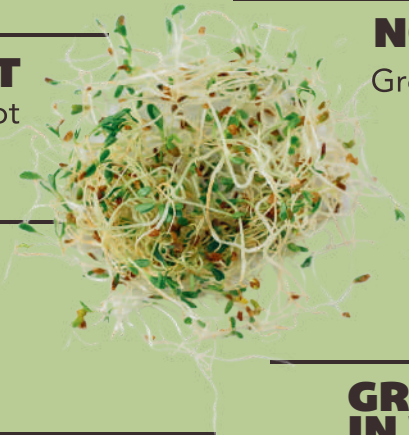
## Sprouts

**HARVEST**  
Seed and Root

**FAST**  
3-5 Days

**MINIMAL  
EQUIPMENT**

Jar and Screen



**NO LIGHT**  
Grow Anywhere

**GROWN  
IN WATER**

Soiless

## Microgreens

**HARVEST**  
Leaf and Stem

**FLEXIBLE  
TIMING**  
1-3 weeks

**FLAVOURFUL**  
Diverse Options



**GROWN  
IN LIGHT**  
Bright

**GROWN  
IN SOIL**  
3-4 cm

# WHAT GROWS AS A MICROGREEN?



## GRASSES



Alfalfa



Barley



Buckwheat



Corn



Oats



Rice



Wheatgrass



## LEGUMES



Adzuki Bean



Chickpea



Clover



Lentil



Mung Bean



Pea



## BRASSICAS



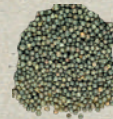
Arugula



Broccoli



Cress



Kale



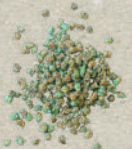
Mustard



Pac Choi



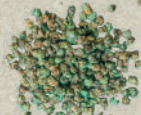
Radish



## AMARANTH-ACAE



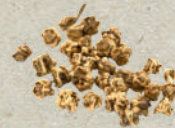
Amaranth



Beet



Spinach



Swiss Chard



Quinoa



## HERBS



Basil



Chives



Cilantro



Dill



Mint



Parsley



Sage

## OTHER



Cucumber



Melon



Sunflower

# MICROGREENS ARE SUPERFOODS

## Nutrient-Dense

Compared to their adult counterparts, they contain 4-40x the vitamins and a broader spectrum of antioxidants.

## Good for Gut Health

Microgreens contain a high concentration of prebiotic fiber, stimulating the growth of beneficial microbes in your digestive tract.

## Raw Food

Microgreens are eaten raw which helps them retain their nutrients, as the high heat in cooking can destroy enzymes, vitamins, and phytonutrients.

## Fresh

As soon as any plant is harvested, it starts decomposing and losing its nutrients and health benefits. For example, spinach loses 90% of its Vitamin C within 24 hours of harvesting.

Microgreens grown at home can be harvested right at table, eliminating nutrient loss and miles to table.

## Protein

Broccoli microgreens are an excellent source of protein. Sunflower microgreens are high in complete protein. Pea shoots have 2x more protein than any other edible green with 11g per cup.



# MICROGREENS ARE HEALTH PROTECTIVE

## Diabetes Protective

Full of antioxidants that may help lower the type of stress that can prevent sugar from properly entering cells.

In some lab studies, fenugreek microgreens enhanced cellular sugar uptake by 25–44%

## Anti-Cancer

One ounce of broccoli microgreens contains the amount of sulforaphane found in 1.5 pounds of raw broccoli.

Sulforaphane is a compound that activates the antioxidant and anti-inflammatory pathways in the body and is anti-cancer.

## Liver Health

Broccoli microgreens juice can reduce the accumulation of fat in the liver by increasing the liver's antioxidant capability.

## Cardiovascular Health

Red cabbage microgreens have been proven to lower circulating LDL levels in animals fed a high-fat diet, and reduced liver cholesterol, triacylglycerol levels, and high-fat diet-induced weight gain.



SMALL GREENS,  
BIG HEALTH  
BOOST!

# MICROGREENS ARE A CULINARY TREAT

**Full of  
Potent  
Flavour**

**Textural  
Contrast**

**Adds a  
Splash  
of Colour**

SO MANY  
POSSIBILITIES

## **Smoothies or Juices**

spinach, wheatgrass.

## **Pesto**

arugula, basil, radish,  
sunflower, pea.

## **Toppings**

sandwiches, wraps, burgers,  
tacos, pizza, omelettes, toast.

## **Garnish**

meat, appetizers, pasta,  
soup, stew, curry, stir-  
fry, bowls, pastries,  
desserts, eggs.

## **Salads**

garnish or whole.



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# MICROGREENS

## Flavour Profile

Microgreen	Taste	Flavour	Texture	Colour	Food Pairing Ideas
Amaranth	Sweet	Earthy	Delicate	Purple	green apples, carrots, oranges, seafood
Arugula	Bitter	Peppery	Crisp	Green	cheese, nuts, balsamic vinegar, fruits, poultry
Basil	Sweet	Spicy	Succulent	Green	pesto, pizza, salads, desserts, tomatoes, cheese
Beet	Sweet	Earthy	Crunchy	Red	citrus, goat cheese, pomegranate, legumes
Broccoli	Bitter	Nutty	Crunchy	Green	eggs, cheesy dishes, smoothies, sandwiches
Fenugreek	Sweet	Spicy	Succulent	Green	curry, salads, vegetable dishes
Pac Choi	Sweet	Earthy	Crunchy	Green	noodles, dumplings, rice dishes, stir-fries, soups
Kale	Bitter	Nutty	Crunchy	Green	salads, seafood, eggs, grain bowls, tacos, curry
Kohlrabi	Sweet	Nutty	Crisp	Purple	salads, pesto, meats, soup, stew, curry, cheese
Mustard	Sweet	Spicy	Crunchy	Green	roasted veggies, meat, Asian, Indian, Italian dishes
Pea	Sweet	Fresh	Crunchy	Green	asparagus, eggs, garlic, ginger, seafood, risotto
Radish	Sweet	Spicy	Crunchy	Purple	rice, seafood, sushi, stir fry
Sunflower	Sweet	Nutty	Crunchy	Green	pumpkin, salads, wraps, omelet, sandwich
Swiss Chard	Sweet	Earthy	Crunchy	Red	Salads, wraps, soups, smoothies, pasta, pizza