

This week at Ireland’s Classic Hits Radio we’re learning about how easy it is to grow your own Microgreens.

**Did you know….**

1. Microgreens are young greens that are harvested around 1-2 weeks, just after sprouting.
2. There are over 25 different types of microgreens.
3. Microgreens can be harvested from many vegetables you may already know, such as arugula, brocolli, celery, and radishes.
4. Microgreens contain 40x more nutrients than their fully grown counterparts.
5. Most microgreens are a great source of vitamin A, C, E, and K.
6. Microgreens lose their nutrients very quickly when cooked, try to eat them raw as much as possible.
7. Microgreens are packed full of flavour, try incorporating them in small amounts at first.
8. Microgreens add a pop of colour to almost any dish, try using them as a garnish on pizza or even on top of soup.
9. Store microgreens in the fridge and wash in cold water to avoid damaging them.
10. Microgreens are an easy way to increase your nutrient intake, try adding them to salad, blending them into a smoothie or even using them in sandwiches or wraps like you would lettuce.

**You can purchase a ‘Grow Kit’ for Microgreens, or you can make your own:**

1. Use a small seed tray or recycle a food tub as a container for the seeds to grow in. Cut some felt or kitchen roll to the shape of the container and place it in the bottom, it will hold water well.
2. Wet the felt or kitchen roll and sprinkle the seeds on top.
3. After sowing, place the container on a warm windowsill or in a glasshouse to germinate. The ideal temperatures for germination are 18–22°C (65–72°F).
4. As the seeds begin to grow, make sure they have a regular supply of moisture by watering carefully or misting as they are delicate.
5. Carry out regular taste tests, as the flavours will develop as they grow. Cut with some scissors as you need them and add the micro greens to salads and sandwiches.

**For more information:**

[www.betterplants.ie](http://www.betterplants.ie)

[www.irishmicrogreens.ie](http://www.irishmicrogreens.ie)

