



# Micro Greens CSA FAQ's Page

## How do I know which varieties of micro greens I will like?

In general, each variety tastes like it's larger counterpart. The arugula has a peppery spiciness; the radish is also spicy, but tastes like radish; the kale is a slightly bitter; the pea shoots have a fresh, green, pea flavor; sunflower shoot are nutty like sunflower seeds, sweet, and have a slight spiciness on the back end.

If you're unsure, I steer everyone toward the sunflower shoots. EVERYONE loves sunflower shoots (even kids), they're so versatile, and have an impressive shelf-life. And they're the least expensive!

## Can I change my order once I've begun a share period?

Absolutely! As long as the total value stays the same. In other words, there aren't any refunds, but I'll happily change your order to give more of this, less of that, cut that one out, etc.

## What's the best way to use micro greens?

Well, that depends on what you like to eat. I try to think of the sunflower and pea shoots as the bulkier, more substantial varieties. Think salad base, sandwiches, and a substitute to lettuce and conventional greens. The arugula, kale, and radish are more intense in flavor, so think garnish. A tad on your salad, a pinch on your eggs, a tuft on your pasta dish, that sort of thing. But there is absolutely nothing wrong with making a big salad out of these varieties also! And there's nothing wrong with using the sunflower and pea as a garnish.

If they're getting older and starting to look sad (or even if they're fresh), sautéing (especially sunflower) and juicing for smoothies is also a great option!

Other creative and delicious ways to use micro greens include arugula pesto, sushi, stir fries, and pizza toppers.

## How much should I order?

I have some customers who order almost 2 pounds of micro greens a week. I also have those who are just above the minimum order of 3 ozs./week. Four ozs. of sunflower or pea get you about one large salad base. I would recommend getting at least 8 ozs. of sunflower and/or pea per week, if you're looking for bigger greens, multiple salads, and/or a more diverse array of meal options.

With the others, less is more. There's a lot more flavor packed in there. A tuft here, a tuft there. Four ozs. a week should be enough for adding some color and flavor to your sandwiches, salads, and other dishes here and there. Six or 8 ozs. would certainly go a lot further.

## How long will micro greens last?

It depends on the variety. Although they start losing quality after a week or so, sunflower and pea are much hardier and have a shockingly long shelf life. They maintain a fair quality for easily 2 weeks. In some cases, I've found them edible over a month old! The arugula, kale, and radish are more tender and delicate and therefore, less shelf stable. These varieties start to lose quality after 3 or 4 days, but will maintain a fair quality for up to a week or so.

Of course, this assumes you keep them in the fridge at a stable fridge temperature of ideally around 34 – 38 degrees F. If you put them in the cold corner where it freezes from time to time, they'll get zapped and degrade very quickly. Same for warmer temperatures. Get them in the fridge immediately and keep them there unless you're using them. And never put bags of greens in direct sunlight! The greenhouse effect acts fast.



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## Are micro greens more nutritious than other greens?

Very much so! Depending on which variety and which nutrient (vitamins A, C, E, and K have all been tested), micro greens can contain up to 40 times the nutrient density than your conventional greens! Don't take my word for it – google "microgreens" and "*Journal of Agriculture and Food Chemistry*" for a full, scientific, peer-reviewed breakdown of how these varieties compare. I won't regurgitate all the stats to you, but suffice to say, micro greens are incredibly more nutritious than larger greens. Of the varieties that I grow, it appears that the radish may be the most nutrient-dense. Google "microgreens" and "WebMD", "USDA", and "NPR" for more great articles heralding the benefits of micro greens.

## These micro greens are expensive and I can get "organic" greens from the supermarket for cheaper! Why should I buy your micro greens?

### Price and Nutrition

See the above FAQ – one must consume a fraction of the amount of micro greens as one would conventional greens, to get the same amount or more nutrients and antioxidants. A simple calculation of nutrient/oz. reveals that micro greens are actually much cheaper than organic greens from the supermarket when it comes to nutrient density. Save your money and buy the micro greens!

### Quality

The flavor quality and intensity of micro greens far surpasses that of conventional greens, so a little bit goes a long way, and is much more satisfying. You also get flavors that don't exist in conventional greens. Eating sunflower shoots is like eating sunflower seeds in green form. Same thing with pea shoots.

We guarantee that you'll get your greens within 24 hours at worst, and usually within 4-6 hours. That type of freshness just is not possible with greens coming from thousands of miles away.

### Supporting Local

By buying our micro greens, you're supporting local business and food that is grown here. Food that must be shipped from thousands of miles away comes with a large carbon footprint, is susceptible to various types of transportation disruption (not to mention contamination), and is ultimately unsustainable. In addition, the freshness that comes with locally-grown produce (as described above) provides for a far superior product.

### Environmental Impact (the following are our values and opinions and may not be viewed the same by everyone)

Even if your greens are coming from the supermarket and labeled "organic", odds are that they're being grown at massive, industrial farms that use loads of mechanization and fossil fuels for tilling, planting, harvesting, processing, and packaging. Organic pesticides, herbicides, and fungicides that are routinely used in these operations still have negative impacts on insects and soil biota. The massive irrigation requirements in these often drought-stricken areas is also an irresponsible use of water.

We use only organic seed and material in our grow methods. The importation of our seed and the use of grow lights in the winter in our operation is not a perfect solution, but we think is better than the industrial methods described above. And as a bonus, our micro greens stems and roots go to help feed our chicken flock and the grow medium combines with their wastes to produce an incredible compost for our gardens. This more closed system is in stark contrast to industrial systems where wastes are often exported to other overburdened sites.