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MICROGREENS
MACROBENEFITS

Caring about the body and environment is a beautiful thing

August 2020

The microgreen-Macrobenefits talks about what microgreens are and how to grow your own at home. What's more, it even has guidelines to get you started with a few delighful recipes.

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WHAT ARE MICROGREENS?

Microgreens are leafy greens that have germinated and their cotyledon leaves are fully open and probably the true leaf is about to show. Simply put, just germinated seedlings are called microgreens.

WHY ARE MICROGREENS SUPER?

In the recent years, researchers have found, microgreens such as cabbage, cilantro and radish microgreens contain 40 times higher levels of vital nutrients than the mature versions of them. They pack in loads of vitamins, minerals and antioxidants.

They just take about 1-3 weeks to grow.

It has a high yield to space ratio.

Minimal time and effort required to produce substantial quantities of microgreens.

Microgreens are very versatile- can be used in curries, soups, desserts, chutneys and wherever else your creativity takes you.

BEST SEEDS TO MICROGREEN

Mustard	Sunflower
Chia	Basil
Cabbage	Cauliflower
Radish	Kale
Chickpea	Spinach
Arugula	Broccoli

Image Source: Adam Jaime

Image Source: The communal feast

Image Source: Augustine Fou

Image Source: Kids can eat
Reference:https://www.medicalnewstoday.com/articles/316075

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HOW TO GROW MICROGREENS?

Things you need:

Pre-Soaked Seeds: Small seeds can be soaked for 4-6 hours, whereas larger seeds are soaked for 12-15 hours.

Seedling Trays: (shallow container) Recycled plastic trays or short pots can be used to contain the microgreens. These necessarily don't need to have holes in the bottom, as long as you don't overwater.

Tray Covers: Can be any cover or paper towel.

Growth Medium: One of the secrets to microgreens' success is using the right potting mix. The perfect potting mix contains coco peat (60%), perilite (20%) and vermiculite(20%). You can also use compost and soil mix or 50-50 blend of perilite and vermiculite. You can also grow microgreens hydroponically or on coconut coir, but it does not provide a lot of nutrition.

Spray Water Bottle: For watering the microgreens.

Seeds soaked

Image Source: Tarla Dalal

A container

Image Source: Home microgreens

Paper towels as tray cover

Image Source: Banggood

Growth medium

Image Source: Gliia

Water spray

Image Source: PNGio.com

To do:

Presoak Seeds: After presoaking is complete, rinse and drain the seeds in a colander or strainer.

Fill seed tray with the growth Medium: Keep the soil loose, but ensure it is smooth and level. Pat the soil well and lightly compress the soil to avoid any ridges.

Sow seeds of your choice: Scatter seeds about one-eighth to a quarter inch apart. Ensure you cover the entire tray and sprinkle the seeds evenly. Press the seeds lightly into the soil mix without pressing them under the soil mix.This will help the seeds to set roots.

Spray water: Spray water on top of the soil until its moist throughout.

Cover the seeds: With a paper towel or newspaper to keep them covered and moist after watering.After the seeds have started to germinate (will take 4-8 days) and grow under the cover, remove the cover and move the container to a sunlit place. Continue to keep the growing sprouts moist.

Harvest and Eat!: You can harvest your microgreens within 10- 20 days when they are 2-4 inches tall. Use clean, sharp kitchen scissors to harvest your microgreens just above the soil line. After harvesting, they can keep fresh for 7-10 days in the refrigerator.

Reference:https://www.organoetschool.co.in/

Wash the seeds

Image Source: Kitchen Stewardship

Fill the tray with growing medium

Image Source: Garden Betty

Sow the seeds

Image Source: Urbanseatllefarmco.com

Spray water at regular intervals

Image Source: Gardeners path

Monitor growth

Image Source: https://www.allthatgrows.in

Harvest and enjoy

Image Source: Chuttersnap

6 DELICIOUS RECIPES TO TRY:

Microgreen roti

This is one of the easiest ways to add microgreens to your life. Mixed with Atta, the microgreens add colour and a very unique flavour to the everyday roti. It could either be ground into a paste with some spices or could just be added directly to the Atta.

Image source: Nmamilife

Smoky Cauliflower Steaks

The cauliflower is roasted and processed like a steak, the smoky texture and rich sauces are complimented by the freshness of the microgreens.
The greens also add a visual dimension to the dish.

Image source: Clean Eating

Microgreen chutney

Pulse pine nuts, garlic and olive oil until they're are completely broken down. Add microgreens to the food processor until it mixes with the oil. Pour this mixture into a bowl and add grated cheese and salt.
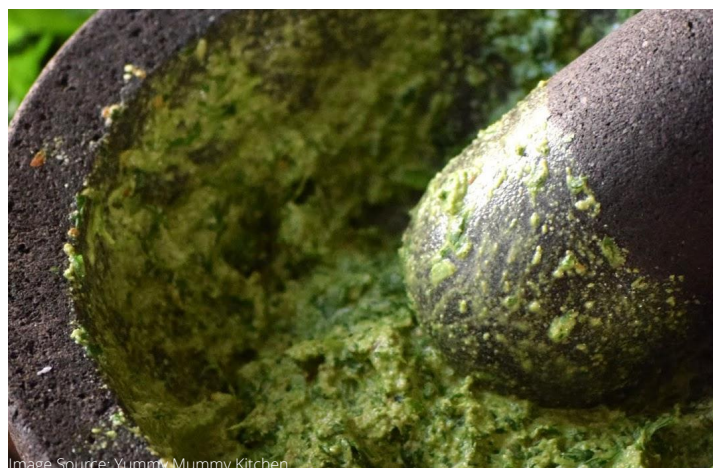TIP: If you're making this in smaller amounts, use a mortar & pestle to grind the ingredients.

Image Source: Yummy Mummy Kitchen

Curries

Microgreens add a variety of flavour, freshness and textures to curries, ranging from kabuli chana to panneer.
Not only do they add colour but also add a host of nutrients and antioxidants in concentrated forms.

Image source: Tried and True recipes

Roasted Broccoli and Microgreen soup

This dish is jam packed with antioxidants and flavour. This soup is ideal for a chilly night. Beans and sunflower seeds can be added for some healthy fats and protein.
Microgreens can be added to a variety of other soups like butternut squash, tomato, mushroom etc.

Image source: alive.com

Pizza

Microgreens can also be added to your pizza as a garnish or as a topping. It adds texture, flavour and a whole lot of colour to the pizza. What's more, it looks so much more exciting with all those greens!

Source: Little Wild Things Farm

Reference: https://grocycle.com/best-microgreens-recipes/
https://everythinggreen.sg/pages/microgreen-recipes

Organo Et School

Organo Et School is the brainchild of team Organo. Organo was founded on the idea of environmentally conscious living and Organo Et School translates that idea into reality by educating and empowering schools, colleges, organizations and communities on the triple bottom line of sustainability. Organo et School aims at engaging individuals of today to stay connected with nature through workshops, live sessions and site visits.

Leading the change

We create an experiential learning environment for people to learn from.

Organo Et School educates people about the challenges of sustainable development and creates opportunities for them to use their creativity and knowledge to pioneer innovative solutions for themselves.

Learners develop a sense of place and belonging to their local community.

NURTURING A LEARNING ENVIRONMENT FOR ALL STAKEHOLDERS WHERE INCLUSIVE HOLISTIC ECO-LIVING IS CELEBRATED

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