

Microgreens

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WHAT ARE MICRO GREENS

Microgreens are immature, edible vegetables harvested early in their growth journey. It normally takes 7-10 days for the micro-green to become edible, during this period the greens can not be eaten. Although they are small in size, microgreens are packed with nutrients and vitamins, sometimes even more than in full-grown vegetables.



Benefits of Consuming Microgreens

Despite their size microgreens are packed with nutrients. Microgreens are packed with vitamins A, C, E, and K also containing minerals such as calcium, magnesium, and iron. Also, microgreens are high in fiber, aiding digestive health and bowel movement. Microgreens are also high in antioxidants and choline which is essential in cognitive function and brain health.



Different Microgreens:

- Broccoli
- Beets
- Beet Greens
- Radish
- Basil leaves
- Cilantro
- Mustard



mustard

PROCESS OF GROWTH:



Here shows the seeds as they are getting planted



A picture of the greens starting to sprout 3 days after being in germination.



Microgreens 5 days after being planted!



And here are the greens day 7, ready to be harvested!