

Farm to School

MICROGREENS

History

Microgreens are named as such because they're the very young sprouts of salad greens. They have about 5 times the vitamin content as the fully grown plant.

Fun Fact

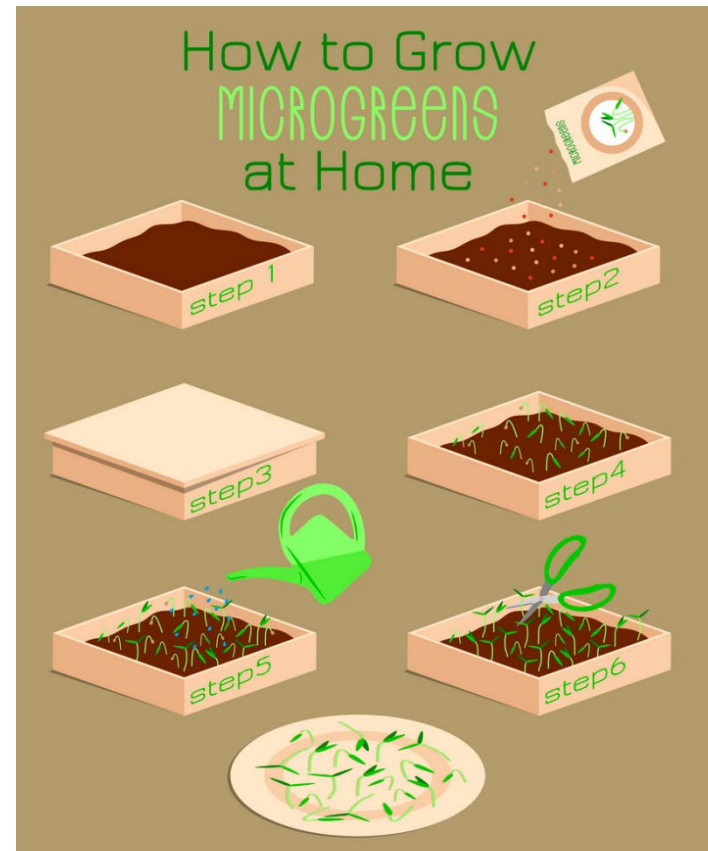
The mix you're having today includes pea shoots, sunflower shoots, buckwheat shoots, radish microgreens, bright yellow popcorn microgreens!



Activity



You can easily grow microgreens at home! You just need a small container, soil, seeds, water, and sunlight. **What kinds of microgreens would you like to try growing first?**



Your Microgreens today were grown by:



in Washington, DC