

# The Many Sides of Microgreens



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## AVAILABLE BLENDS

Rainbow Mix  
Fiesta Blend  
Spicy Mix  
Arugula  
Cilantro  
Kale  
Broccoli

## USING MICROS TO THE MAX

1. **Add** to ANY salad
2. **Garnish** your favorite soups, veggies, or pasta dishes
3. **Top** sandwiches, wraps and burgers with your microgreen flavor of choice.
4. **Mix** micros into breakfast omelets and scrambles to kick your day off with a nutrient packed meal
5. **Toss** them into smoothies
6. **Boost** your avocado toast game by topping this breakfast staple with arugula or rainbow mix
7. **Blend** them into your favorite dips like guacamole, hummus or spreads
8. **Stir** them into any stir fry recipe

### FARM FUN FACT

Using this Fiesta Blend to quickly top tacos, nachos, and pozole is our team's favorite way to add the flavor and nutrients of microgreens without the hassle of slicing and dicing cabbage, radish and cilantro!