

What are micro greens?

- Micro greens are, as their name suggests, micro versions of common, edible plants.
- They are characterized as young, small seedlings with their first sets of leaves. Micro greens are typically between 14 and 21 days old at the time of harvest.
- Micro greens are often confused with sprouts. They are actually very different due to their growing methods: sprouts are germinated in water (usually for 2 days) while micro greens need a growing medium, sunlight and at least 7 days of growing time.



The Creative Living Community of Connecticut (CLCC) is a nonprofit organization that supports people with developmental disabilities by providing real world experiences and vocational opportunities. The CLCC greenhouse was built in 2012 and has flourished as a year-round program selling micro greens to local restaurants and farmers markets while simultaneously providing a place for people with developmental disabilities to learn valuable work and life skills. It is a sensory-friendly, serene atmosphere that provides a safe and supportive environment in an inclusive community.

For more information please visit www.CreativeLC.org or contact us by phone at 860-375-4313

MICRO GREENS



**THE FRESH & LOCAL
SUPERFOOD YOU
DIDN'T KNOW YOU
NEEDED**

Grown at the Creative Living
Community of CT Greenhouse
30 Hyde Ave.
Vernon, CT

What are the health benefits?

- Most micro greens are the immature version of plants you already know and use. Superfoods like kale, beets and scallions are even more nutritious when harvested at this early stage in growth.
- Because of the growing practices (no pesticides, no fertilizer, professional grade growing medium), micro greens have fewer environmental toxins than other types of greens.
- Research has shown that micro greens have about five times the amount of vitamins and antioxidants than the mature leaves of the same plant.

CLCC micro green varieties

Available year round:
Red Russian Kale, Arugula,
Scallion, Pea Shoots, Spicy

Mix, Red Rambo Radish

Additional Seasonal Selections

Summer:

Lemon Basil, Red Romaine
Lettuce, Carrot, Corn, Mild



How can I eat micro greens?

- Micro greens often have a brighter color and stronger flavor than their adult versions, making them a great addition to any type of dish.
- Sprinkle them on top of tacos, eggs or pasta for a burst of color, flavor and nutrients.
- Swap out typical lettuce in sandwiches and salads for micro greens like kale and arugula.
- Put mild greens such as mizuna or kohlrabi into smoothies for a serious vitamin boost!
- Have fun with them and experiment! Try topping pizza with spicy mix, garnishing soup with scallions or just pack a snack of pea shoots!