

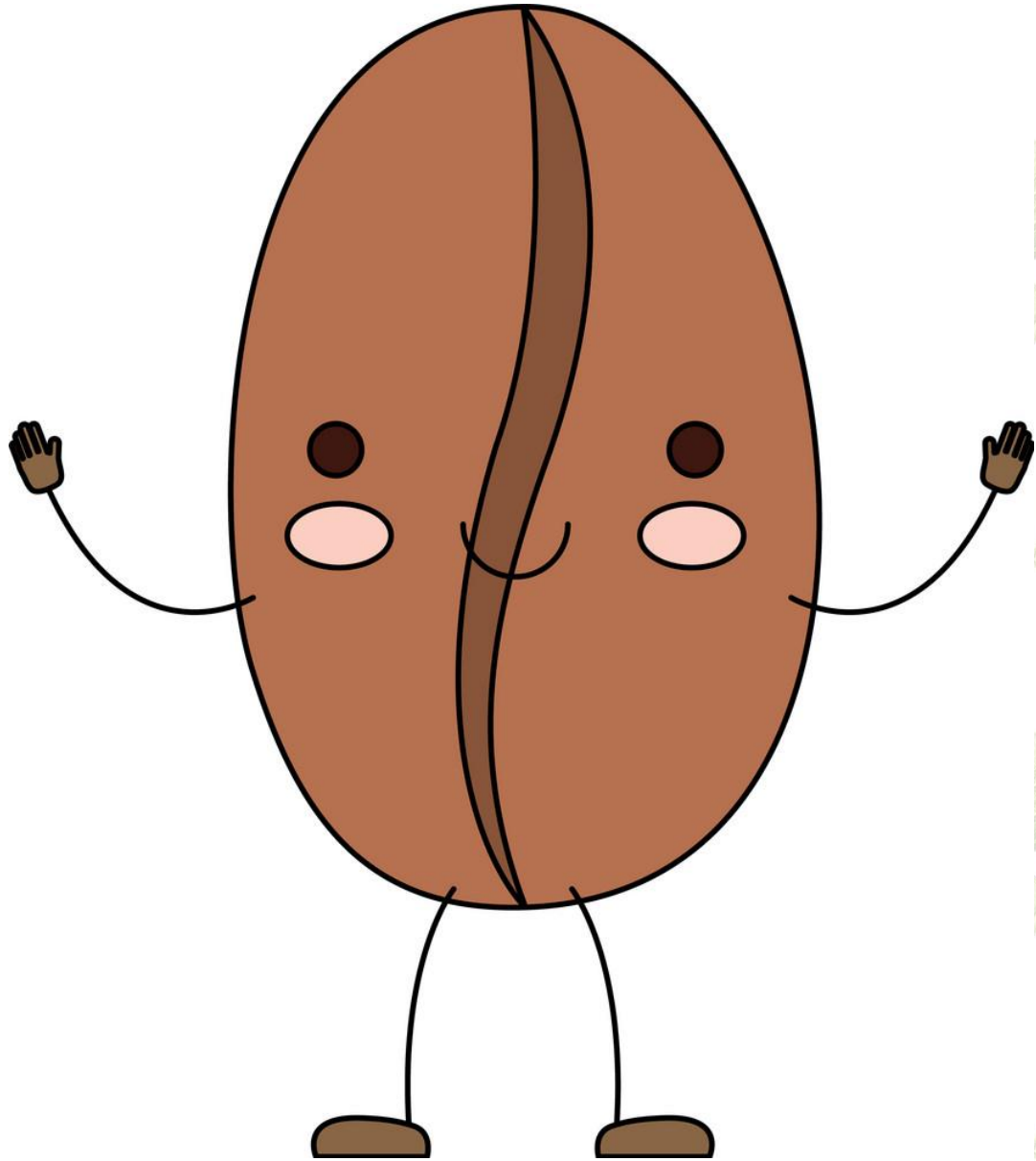


Microgreens



How does a seed
grow into a plant?





First of all...



Did you know?

There are many kinds of seeds.
They come in all sizes and shapes.
What a lot of choices we have!



Activity

A seed does not look as if it is alive. But it is, Actually it is just sleeping



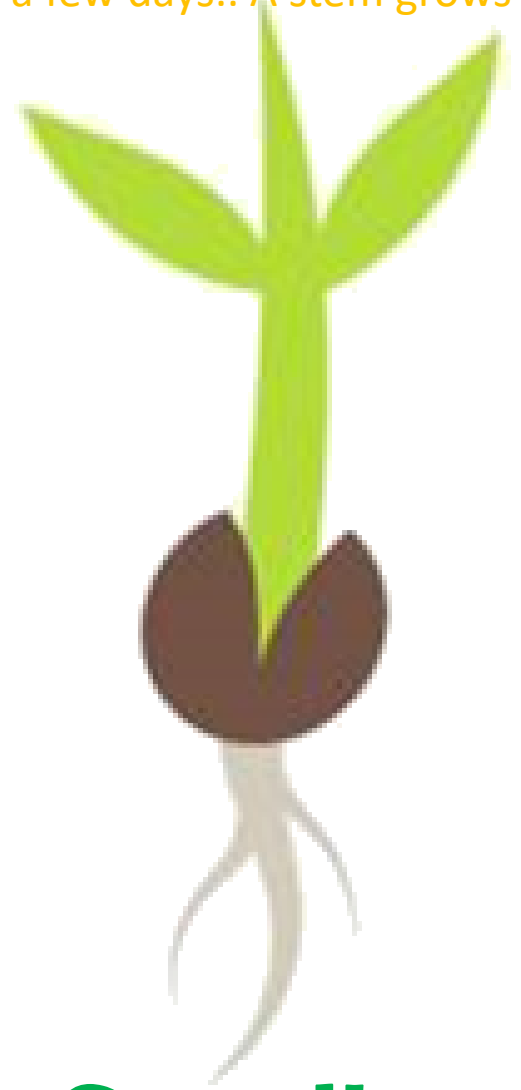
Seed

When the time is right, the seed will wake up. It will start to grow .
A root grows down



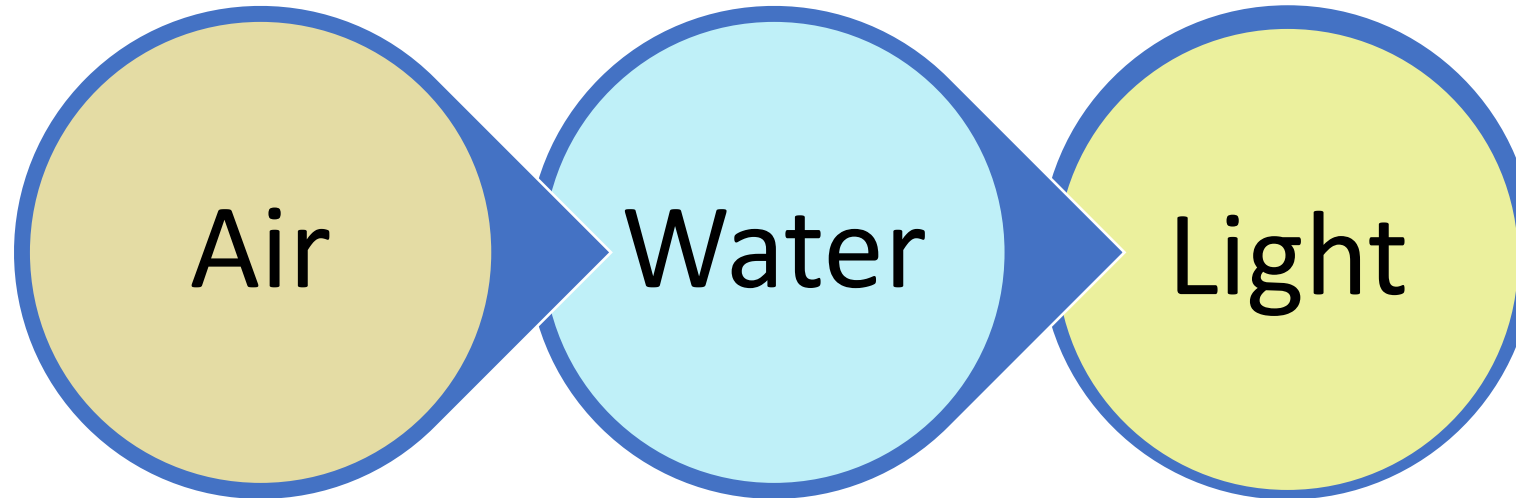
Root

After a few days.. A stem grows up



Seedling

Most seeds need just **3 things** to grow. They need:



Without these 3 things, our seed will not grow

Germination

The growth of a seed into a seedling



Microgreens



Microgreens are little seedlings of edible plants that are often used to add colour and flavour to meals



They are much smaller
than regular greens and
have become very
popular





The plants are up to
2 inches tall

There are lots of different types of microgreens



Common microgreens include:



Radish



Cabbage



Mustard



Parsley



Beet



Celery



Cilantro



Cress



Broccoli



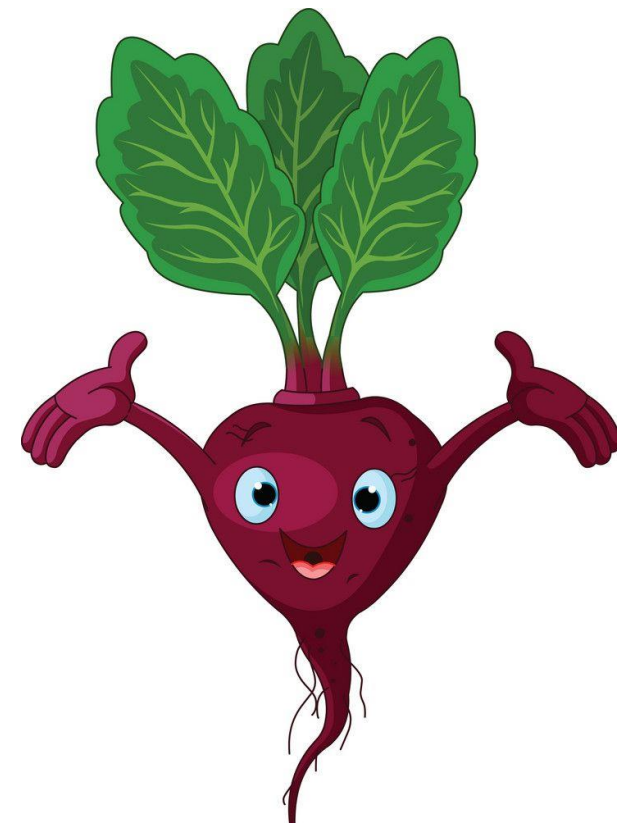
Fennel



Microgreens have good nutritional benefits

In fact, they have a much higher amount of nutrients than fully grown plants





Beet microgreens have a bitter flavour but add a lovely reddish colour to a dish

Carrot microgreens
are slightly sweet

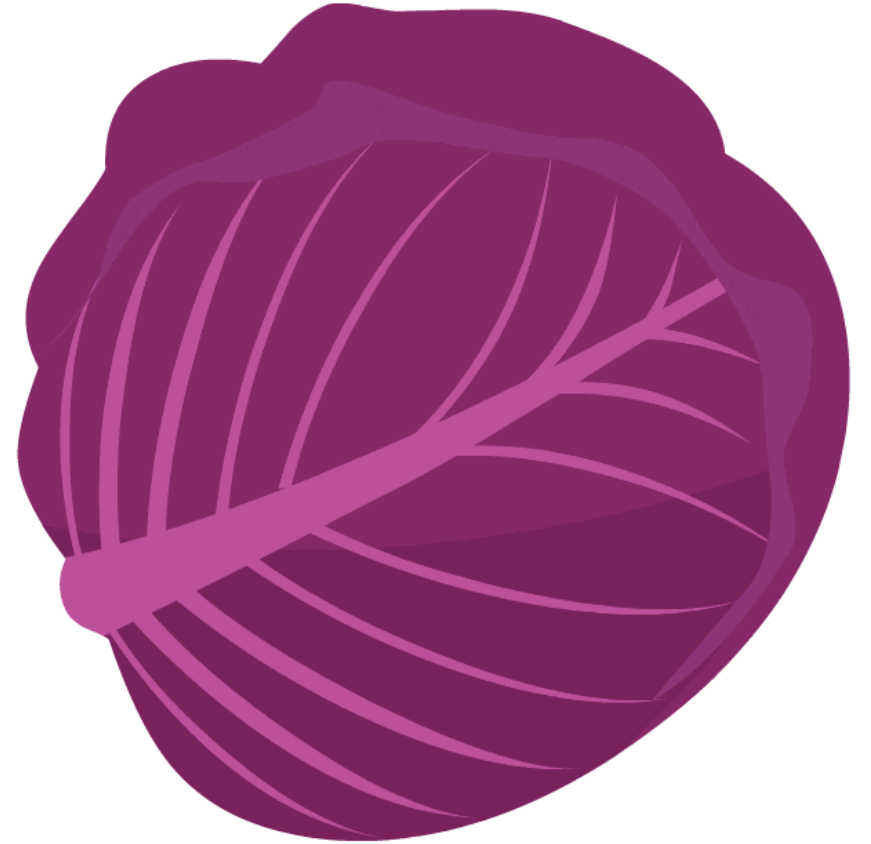
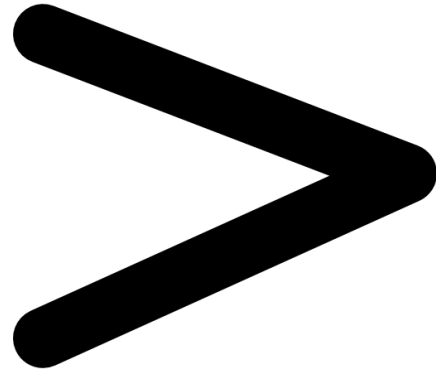


Did you know?

X 6 Vitamin C



Red cabbage microgreens



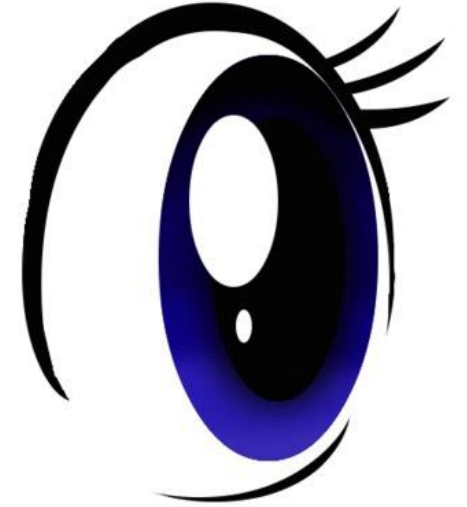
Red cabbage



Vitamin C protects your



Immune system



Eyes



Skin



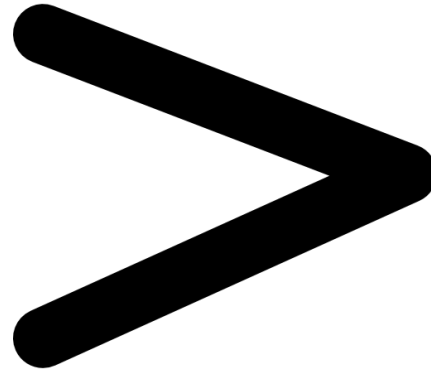
Heart

Did you know?

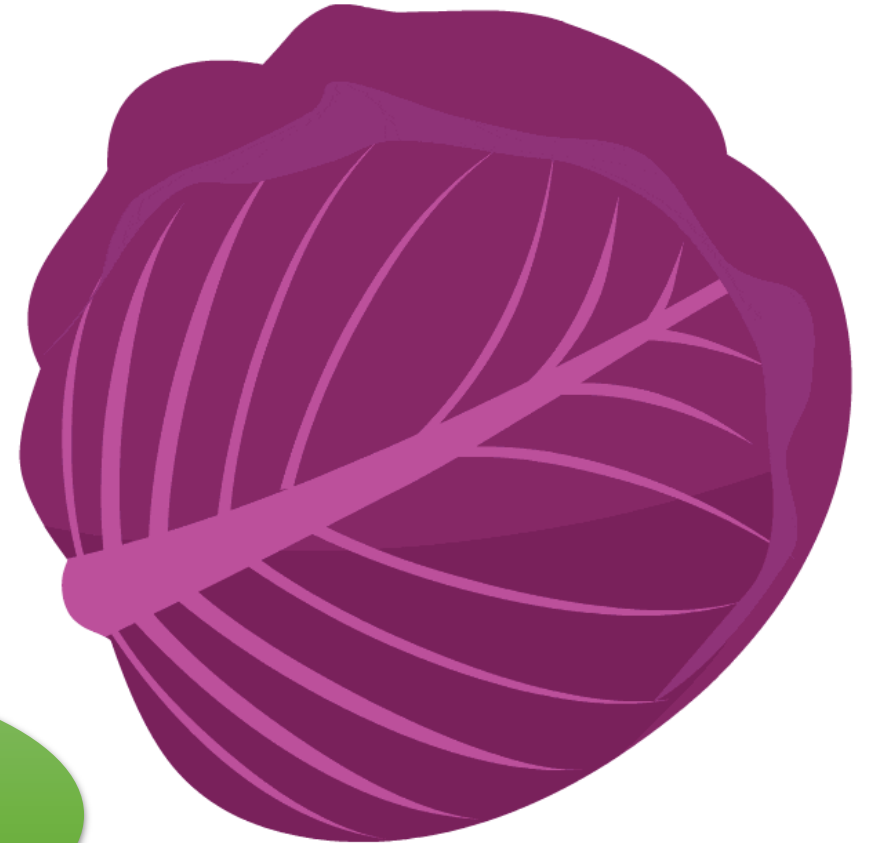


Red cabbage microgreens

X 6 Vitamin C

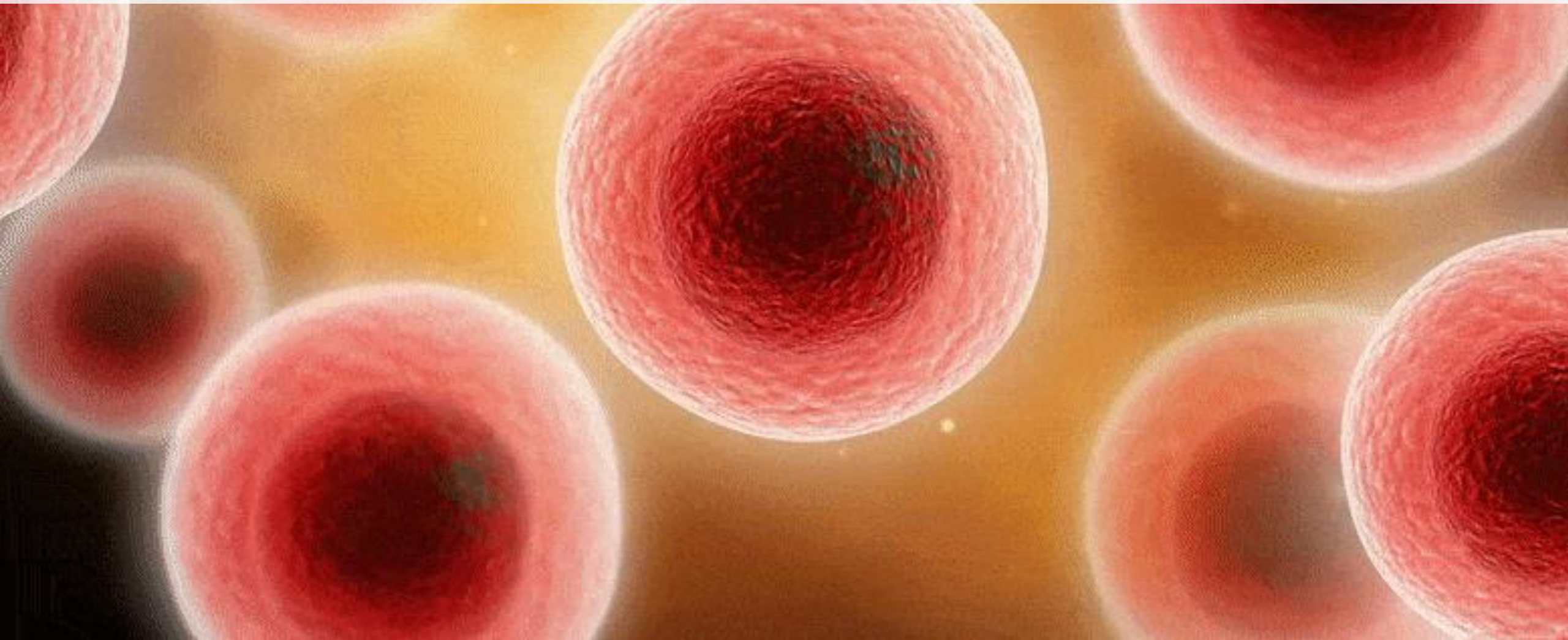


X 40 Vitamin E



Red cabbage

Vitamin E helps to maintain the cells in your body so you
can stay healthy



Healthy

Microgreens are extremely rich in minerals and vitamins

Did you know?





Delicious

Microgreens are full of flavour



Microgreens
are sometimes
confused with
sprouts



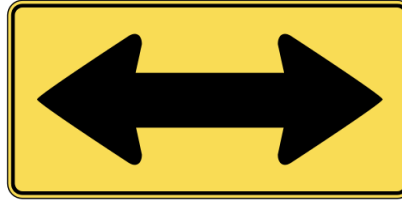
You can add
microgreens
to salads



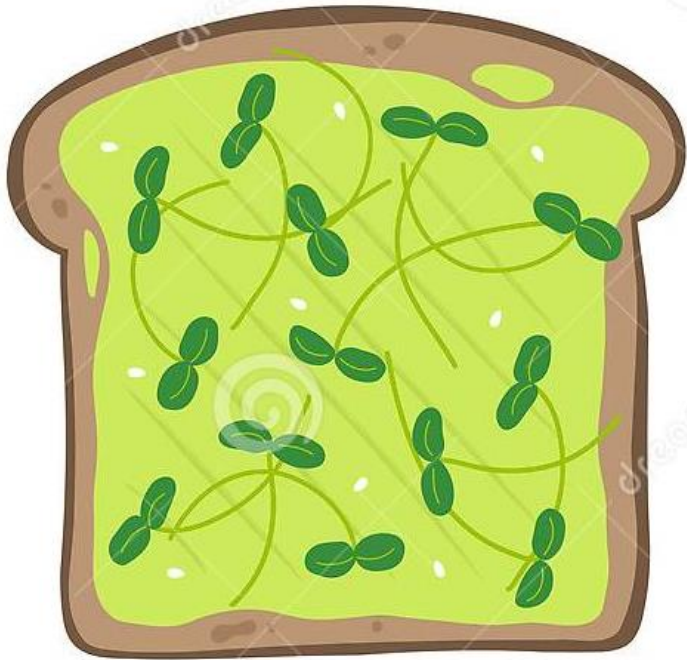
Soups



Toast & sandwiches



Freshly baked pizza



How to grow microgreens?



Home activity 1

Growing microgreens

GOVINDA'S

Follow the easy steps to grow microgreens:



1

Choose seeds of your choice

2

Use a small seed tray or recycle a food tub as a container for the seeds to grow in



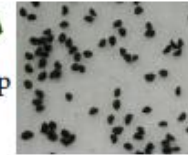
3



Cut some felt or kitchen roll to the shape of the container and place it in the bottom, it will hold water well

4

Wet the felt or kitchen roll and sprinkle the seeds evenly on top



5

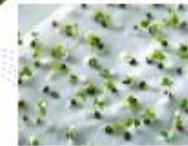


After sowing, place the container on a warm windowsill or in a glasshouse to germinate. The ideal temperatures for germination are 18–22°C (65–72°F)

As the seeds begin to grow, make sure they have a regular supply of moisture by watering carefully as they are delicate



6



7



Cut with a pair of scissors and enjoy the microgreens in soups, salad, sandwiches etc.

Home activity 2



Microgreens



GOVINDA'S

Microgreens are little seedlings of plants that we can eat.

Colour the common microgreens:



Sunflower



Mustard



Broccoli



Spinach



Beet



Cilantro



Pea



Barley



Basil

Let's sing a poem

Little Seed

Tune: I'm a Little Teapot



Here's a little seed
In the dark, dark ground



Out comes the warm sun,
Yellow and round





Down comes the rain,
Wet and slow

Up comes the little seed,
Grow, grow, grow!





Remember

- Your friends and family will be amazed at this new and exciting way to eat
- Microgreens are perfect additions to salad, sandwiches, soups, and so much more



<https://www.youtube.com/watch?v=Uh7HtdMVGs0>

Thank You

