

Harvest of the Month



Network for a Healthy California

Harvest of the Month is sponsored by



7500 students in Western Nevada County will sample **Microgreens** this month through Sierra Harvest's Farm to School Program!



Healthy Serving Tips:

- Sprinkle on top of salads for an extra kick of nutrition
- Add to sandwiches, wraps, or stir fries
- Chefs use microgreens as a beautiful, edible garnish

Microgreens



Bryan at Natural Trading Company Farm

Turkey Wrap with Microgreens

This recipe was one of the winners of the 2018 Jr. Iron Chef competition at Nevada Union High School!

Ingredients:

- 1 whole wheat tortilla
- 1/3 cup hummus
- 3 ounces deli or shredded turkey
- 2 slices cucumber
- Handful of fresh spinach
- Sliced tomato
- 1/4 of an avocado, sliced
- Handful microgreens
- Sliced up basil leaves

1. Spread hummus on the bottom 1/3 of wrap, about 1/2 inch from the bottom edge but spreading out the side edges.
2. Layer cucumber, spinach leaves, tomatoes, avocado slices, micro greens, and basil.
3. Fold the wrap tightly, as you would a burrito, tucking in all of the veggies with the first roll, then rolling firmly to the end. Cut in half and enjoy.

The Natural Trading Company organic farm is on 40 beautiful acres in Newcastle Ca. They grow a fantastic variety of fruits, vegetables, and herbs including over 5 different types of kale, many kinds of tomatoes, and persimmons on their 50+ year old trees. They also grow year-round, greenhouse-grown wheatgrass, pea shoots, and sunflower greens. NTC offers their harvest at year-round farmers markets, a CSA (Community Supported Agriculture program), and the Auburn Bodega. You can find their greens locally at Briar Patch Coop, and other natural foods stores in Sacramento.



If your student is eligible for free/reduced school meals you likely qualify for CalFresh, which can help you afford healthy and nutritious food:

C4Yourself.com



Microgreens Fun Facts

Microgreens are baby plants that have been harvested at the cotyledon stage (before their true leaves appear).

Microgreens are similar to sprouts but are a little older. The average crop-time for most microgreens is 10–14 days from seeding to harvest.

Microgreens have stronger flavors compared to sprouts, and come in a wide selection of leaf shapes, textures and colors.

Microgreens are a great local choice to eat in winter because they can be grown fresh indoors.

According to a 2012 report but the USDA, some types of microgreens can have up to 40 times the nutrient content of their grown counterparts.

Microgreens are grown in soil or soil-like materials such as peat moss.

Harvesting is usually with scissors cutting just above the soil surface, excluding any roots.

Sunflower Greens

Sunflower greens are grown from black oil sunflower seeds and take about 12 days from seed to green.

They are a storehouse of nutrition including vitamins A, B, C, and E. an incredible amount of potassium, and are high in calcium, magnesium and iron.

They are full of amino acids – almost 25% protein!

Because they are germinated, the plant's stored energy is activated, giving you more minerals and vitamins with fewer calories than a dry sunflower seed.

Pea Shoots

Pea shoots are a nutritious leaf green with high levels of vitamins C and A.

One small small bag provides the days requirement for vitamin C, vitamin A, and a significant amount of folic acid.

These nutrients protect the body from free radicals, help keep skin healthy and immune systems strong.



Pea shoots offer 7x more vitamin C than blueberries, are low in fat, and only 9 calories per 50 gram serving.