



MICROGREENS TRIVIA

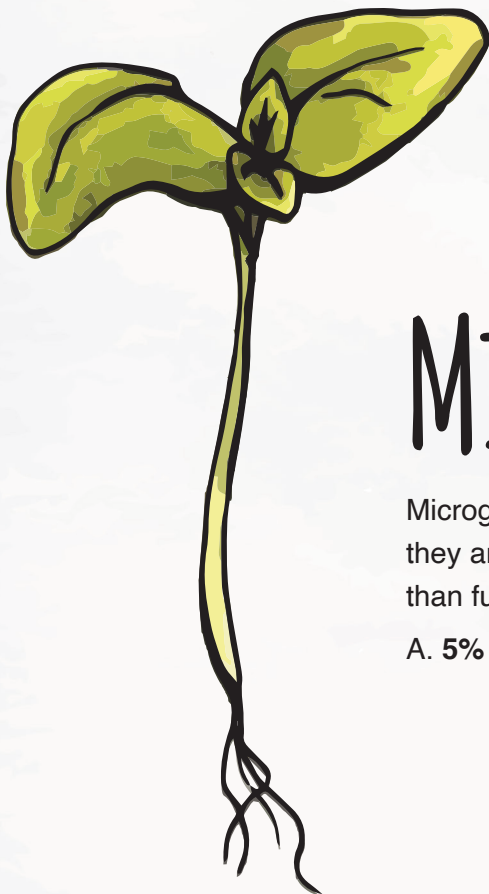
True or False: Microgreens are very young, small plants of all kinds, harvested just days after they emerge from the seed.

- A. True B. False



ANSWER: A.

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Microgreens are packed full of nutrition! Since they are harvested when they are young, some microgreens contain _____ more nutrients than full-grown versions of the same plants.

- A. 5% B. 10% C. 40% D. 400%

ANSWER: C.

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True or False: Microgreens can be from many different plants, but most often they are plants that are quick to emerge and grow, like kale, broccoli, beets, arugula or radish.

A. True B. False

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Microgreens are best eaten _____ to maintain their crunch and nutrients.

A. raw B. cooked

