



*the*  
**MIGHTY MICROGREENS**  
*handbook*



VERTICAL  
HARVEST

*By the numbers advice & recipes  
for these tiny incredible edibles*







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# CHAPTER ONE: THE TASTY EIGHT



*NOTE: Microgreen health benefit statements have not been evaluated by the Food & Drug Administration (FDA) and are not intended to diagnose, treat, prevent or cure any disease.*

*Offering countless health benefits, microgreens are the perfect topping to any meal. Packed with protein, they can help regulate your metabolism and decrease your blood pressure. True story — microgreens are small but mighty!*

*Featured here are eight of the most popular that Vertical Harvest cultivates.*



### **CILANTRO**

#### FLAVOR

*Fresh herb taste; similar to coriander*

#### HEALTH BENEFIT

*Lowers risk of diabetes and heart disease*

#### PAIR WITH

*Lime rice, grilled fish, chili, curry and salsas*

### **ROCK CHIVE**

#### FLAVOR

*Garlic*

#### HEALTH BENEFIT

*Rich in dietary fiber*

#### PAIR ME WITH

*Hummus and salads or top me on eggs and bagels*

### **DAIKON RADISH**

#### FLAVOR

*Spicy, light and fresh*

#### HEALTH BENEFIT

*Removes toxins from the body and helps prevent acne*

#### PAIR ME WITH

*Ramen noodles and on top of burgers*

### **SUNFLOWER**

#### FLAVOR

*Nutty*

#### HEALTH BENEFIT

*Made of 30% protein and high in fiber*

#### PAIR ME WITH

*Salads, a stir fry, sandwiches, or make your own nutty pesto*

### **SORREL**

#### FLAVOR

*Tart*

#### HEALTH BENEFIT

*Rich in vitamin A and boosts eye sight*

#### PAIR ME WITH

*Creamy sauces, mashed potatoes or in rice dishes*

### **MUSTARD**

#### FLAVOR

*Sharp, hot*

#### HEALTH BENEFIT

*Helps promote healthy skin and hair*

#### PAIR ME WITH

*Seafood, or as a spicy condiment replacement on sandwiches and deviled eggs*

### **WASABI MUSTARD**

#### FLAVOR

*Spicy horseradish*

#### HEALTH BENEFIT

*Helps reduce PMS*

#### PAIR ME WITH

*Fried tofu or as a flavorful addition to burgers, pizza or tacos*

### **PEA SHOOTS**

#### FLAVOR

*Sweet*

#### HEALTH BENEFIT

*Regulates metabolism and aids in weight loss*

#### PAIR ME WITH

*Risotto, fish, or a salad with a poached egg and lemon*

# CHAPTER TWO:

# CARE & HANDLING

## EASY AS 1-2-3

### 1. KEEP THEM COOL

Microgreens like to be kept cool. Around 36 degrees F (around 2 degrees C.) Normal refrigerators can run at up to 40 F (4.5 C) so you may want to check your settings and turn your fridge down a bit if you're able to.

### 2. KEEP THEM OUT OF SUNLIGHT

Microgreens love light when they're still growing. But once you harvest them, it's best to keep them out of direct sunlight. Exposing some varieties of microgreens to sunlight after they've been harvested can alter their taste and appearance.

### 3. TRIM & WASH WITH CARE

Our microgreens grow on a sheet. When you are ready to eat, trim them about halfway up. Microgreens can bruise easily, so they need to be handled with care when washing. You don't need to drown them. Just lightly rinse them in cold water and then gently run them through a salad spinner to dry them off if you've got one. It's best to wash your microgreens right before you're going to use them, not before you store them in the refrigerator. Otherwise they may have excess moisture and deteriorate more quickly.



# CHAPTER THREE: FIVE DELICIOUS RECIPES

**RECIPE 1:** *THE PERFECT BURGER*

**RECIPE 2:** *SUNFLOWER GUACAMOLE*

**RECIPE 3:** *PEA SHOOT SAVOURY PANCAKES*

**RECIPE 4:** *SPRING SALAD*

**RECIPE 5:** *MINI STRAWBERRY CHOCOLATE TARTS  
WITH GOAT CHEESE & SORREL*





PHOTO CREDIT: John Fornander

# RECIPE 1: THE PERFECT BURGER



*When it comes to cooking the perfect burger, a few things are key: Handle the meat as little as possible. Make the patties ahead, and refrigerate until you're ready for them to hit a hot pan. For best results, use a cast-iron skillet to cook the patties.*

## INSTRUCTIONS:

1. To make the quick pickled onions, whisk together the first three ingredients and 1 cup water in a small bowl until the sugar and salt dissolve. Place the onion in a jar and pour the vinegar mixture over top. Let sit at room temperature for 1 hour.
2. To make the aioli, add all the ingredients into the base of an immersion blender. Blend on high speed until all the ingredients are incorporated and you have a smooth sauce. Alternatively, blend in a food processor.
3. To make the burgers, shape the beef into 6, 1-inch thick patties. Handle the meat as little as possible – the more you work it, the tougher it gets. Using your thumb, make a shallow depression in the center of each burger to prevent them from ballooning up. Place in the fridge to chill.
4. Meanwhile, heat the oven to 350°F. Spread a thin layer of chipotle sauce on each bun and bake until toasted, 4 to 6 minutes. In a large cast-iron skillet over high heat, warm the oil and butter until melted. Add the patties, working in batches if needed, until browned on each side, about 6 minutes for medium-rare. Remove patties from the heat and let cool. Layer brioche buns with aioli, burger patties, a few onions, a sprinkle of feta and a handful of microgreens.

MAKES 6 BURGERS

PREP TIME: 15 minutes

COOK TIME: 10 minutes

TOTAL TIME: 25 minutes

## THE QUICK-PICKLED ONION:

- 1/2 cups apple cider vinegar
- 1 tablespoon sugar
- 1 1/2 teaspoons kosher salt
- 1 red onion, thinly sliced

## THE AIOLI:

- 2 large garlic cloves
- 1 teaspoon kosher salt
- 1 cup loosely packed fresh mint leaves
- 1 ripe avocado
- 1/4 cups olive oil
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon ground mustard

## THE BURGER:

- 2 pounds grass-fed ground beef
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 1/2 teaspoons kosher salt
- Freshly ground black pepper
- 6 brioche buns
- 1 1/2 tablespoons chipotle in adobo sauce
- 1/2 cup crumbled feta cheese
- 1/2 cup microgreens



# RECIPE 2: SUNFLOWER GUACAMOLE



*Sure, it breaks from tradition, but sunflower greens infuse guacamole with fresh, nutty flavour. Beyond using it as a dip for tortilla chips or sliced vegetables, try using this guac as a spread for toasted bread and top with roasted chicken, fried eggs, black beans, or smoked salmon.*

## INSTRUCTIONS:

1. Place avocado, lime juice, and salt in a bowl and mash into a chunky mixture.
2. Stir in sunflower shoots, red onion, and jalapeno.

MAKES 1 BOWL OF GUAC

PREP TIME: 10 minutes

## THE GUACAMOLE

2 avocados

Juice of 1/2 lime

1/4 tsp (1 mL) salt

2/3 cup (160 mL) roughly  
chopped sunflower shoots

1/4 cup (60 mL) finely chopped  
red onion

1/2 jalapeno, finely chopped



PHOTO CREDIT: Ducan Kidd

# RECIPE 3: PEA SHOOT SAVOURY PANCAKES



*Think of these pea-infused savoury pancakes as a blank canvas ready to welcome all sorts of toppings such as smoked fish, a slick of hummus, or even just melted butter. And don't forget to sprinkle on some additional pea shoots. Made by grinding up dried chickpeas into a fine powder, garbanzo bean flour contains higher amounts of protein and dietary fibre than typical types of flour such as whole wheat. You can also use it in pizza crusts, flatbreads, crackers, crepes, and muffins.*

## INSTRUCTIONS:

1. In food processor or blender, blend together eggs, cottage cheese, oil, flour, garlic, lemon zest, and salt.
2. Pulse in pea shoots and chives.
3. Heat lightly greased skillet over medium heat.
4. Working in batches, add batter 1/4 cup (60 mL) at a time to pan and cook pancakes until bubbles form on top, about 2 to 3 minutes.
5. Flip and cook until pancakes are browned on bottom and centers are just cooked through, about 1 minute longer.
6. Let pancakes cool on metal rack while you prepare remaining batter. You should get at least 10 pancakes.

SERVES 1-2 PEOPLE

PREP TIME: 5 minutes

COOK TIME: 5 minutes

TOTAL TIME: 10 minutes

## THE PANCAKES

- 3 large organic eggs
- 1 cup (250 mL) cottage cheese
- 2 Tbsp (30 mL) extra-virgin olive oil or camelina oil
- 1/2 cup (125 mL) garbanzo bean (chickpea) flour
- 1 garlic clove, minced
- 2 tsp (10 mL) lemon zest
- 1/2 tsp (2 mL) salt
- 1 cup (250 mL) chopped pea shoots
- 3 Tbsp (45 mL) chopped chives



PHOTO CREDIT: Johnathan Farber

# RECIPE 4: SPRING SALAD



*Truly sunshine in a bowl, this salad is super-simple yet filled with spring-time flavor.*

## **INSTRUCTIONS:**

1. Toss all the salad ingredients together.
2. Shake the dressing ingredients in a lidded jar.
3. Dress, toss, and serve! (Great with a soft-boiled egg)

SERVES 1-2 PEOPLE

PREP TIME: 15 minutes

## **SALAD:**

- 1 cup rock chive microgreens
- 1 blood orange cut into small pieces
- 1/2 avocado cubed
- 1/2 cup of julienned daikon radish
- 1/4 cup walnut pieces

## **DRESSING:**

- 1 Tbsp. cold-pressed olive oil
- 1 Tbsp. lemon juice
- 1 clove chopped garlic (optional)
- A dash of salt and pepper



PHOTO CREDIT: Edgar Castrejon

# RECIPE 5:

# MINT STRAWBERRY CHOCOLATE TART WITH GOAT CHEESE & SORREL



*Microgreens on a dessert? Yup, you bet. The tart zestiness of the sorrel adds a crisp and unexpected punch. To make a standard size pie, double the recipe. Gluten-Free.*

MAKES 2 MINI TARTS  
PREP TIME: 40 minutes  
COOK TIME: 15 minutes  
TOTAL TIME: 55 minutes

## INSTRUCTIONS:

1. To make the crust: Whisk together the almond flour and salt. Add in the maple syrup and coconut oil and whisk until a crumbly dough forms.
2. Divide the dough in half and press the dough into two miniature pie pans (or a regular size pie pan if you doubled the recipe).
3. Use a fork and pierce the dough all over.
4. Stick in the fridge for 30 minutes.
5. Preheat oven to 350 and bake for 15 minutes or until it starts to brown.
6. Remove from oven and let cool before adding toppings.
7. In a blender or food processor, combine the goat cheese, yogurt, and maple syrup. Spread into an even layer on the tart crusts.
8. Top with strawberries and sorrel microgreens.

## THE CRUST:

1 cup almond flour  
1/2 teaspoon salt  
1 Tablespoon cocoa powder  
2 Tablespoons maple syrup  
1/4 cup coconut oil, melted

## THE FILLING:

1.5 ounces of goat cheese, at room temperature  
2 Tablespoons greek yogurt  
1 Tablespoon maple syrup

## THE TOPPING:

About 1-1/2 cups chopped strawberries  
Hearty handful of sorrel microgreens