



LEAN... MEAN... Microgreens

LOCAL MICROGREENS:

Microgreens are in season in Arizona!

- [Soilless Microgreens, Surprise](#)
- [Arizona Microgreens, Phoenix](#)
- [Sunnyside Greens, Maricopa](#)
- [Backyard Green House, Rio Rico](#)



Try substituting Microgreens for lettuce in homemade sandwiches and wraps.



To ensure food safety with **fresh produce** always thoroughly wash under running water immediately before cutting and eating.



HARVEST FACTS ABOUT MICROGREENS:

- Microgreens are made up of the young leaves of different plants.
- Because they come from different plants, each type has its own unique flavor.
- Microgreens are often called "vegetable confetti."
- Microgreens can come in a variety of colors, including purple, pink, and green.
- Microgreens require very little space and water to grow.
- The entire plant is edible.
- Some microgreens are ready to harvest in as little as 7 days.



RECIPE:

Turkey and Cheese Wrap

EACH WRAP CONTRIBUTES: 3 oz. eq. meat/meat alternate, 1½ oz. eq. enriched grains, 1/8 cup red/orange vegetable, 1/8 cup other vegetable

INGREDIENTS FOR 25 SERVINGS

- Turkey Breast, USDA Foods #110554 (4 lbs, 12 oz.)
- Tomatoes, Whole, Red, Raw, #17D48 (9.5 med)
- **MICROGREENS** (6.25 cups),
- Cheese, American, USDA Foods #100018 (1 lb, 10 oz)
- Whole Grain Tortilla, Soft Flour, 8", (25 each)

Lay out flour tortillas on a clean work surface area. Layer 3 ounces of turkey, 1 ounce of cheese (two, ½ ounce slices), a ¼ cup of **MICROGREENS** and 3 tomato slices (approximately 1/8 inch thick, each) on each tortilla. Fold 2 sides of wrap 1 inch over the filling. Roll tightly.

QUICK MATH:

The USDA [Food Buying Guide \(FBG\)](#) does not have a specific entry for "microgreen mix". Be sure to keep specific crediting documentation of the vegetable sub-group component.

Microgreens are simply the young seedlings of standard vegetables, the USDA requires you to classify them under the subgroup of the mature plant. In order to credit this vegetable, use the same process when calculating lettuce.



Raw, leafy greens credit as half the volume served. For example, a ½ cup of lettuce contributes ¼ cup toward the allowable vegetable subgroup.