


Microgreens



Microgreens are young seedlings. They are tender and nutritious edible greens produced by sprouting the seeds of various different vegetable species and herbaceous plants. Microgreens are used in a variety of foods such as sandwiches, wraps, and salads.

According to a 2014 USDA study, many microgreens have five or more times the Vitamins C, E, & K as their adult counterparts. Microgreens are quick and easy to grow. It only takes seven to fourteen days for the microgreens to grow enough to be harvested.



Microgreens are diverse in type and kind. Some common varieties are Broccoli, Kale, Sunflower, Pea, Dill, Cilantro, Radish, and Mustard. Not only are microgreens nutritious, but they also add flavor to your meals. One of the biggest consumers of microgreens are restaurants.



Microgreens can be grown indoors anywhere, allowing for year-round production. Growing microgreens in containers or trays is the most common method. By doing this, the microgreens are able to grow evenly and be watered properly. Many varieties can grow in the sunlight; however, some farmers use LED or fluorescent lighting.



Meet the Wyants

Finding Eminence Farm | Lexington, IL



Tell us about your farm.

We grow cut flowers and microgreens on about ½ an acre. We started our farm business in 2015, thinking that we would grow mostly vegetables. We soon realized there was an opening in the market for fresh cut flowers in our area, and Audra had been getting more interested in flower arranging, so it made sense to start to focus on flowers. We sell most of our flowers directly to consumers through a CSA (Community Supported Agriculture), weekly home deliveries, and custom wedding and special event work. We sell our microgreens to grocery stores, restaurants, and catering companies in central Illinois.

How do microgreens differ from other plants?

Microgreens are basically just really young plants that have not reached maturity yet. They are tender and tiny plants with lots of flavor. They also contain lots of vitamins and minerals in a small package. They're a fun way to add new flavors to dishes with just a few small greens. If people can't find microgreens at the store, they are easy to grow at home.

How do you grow microgreens?

Our microgreens are grown indoors. We use grow lights to provide the young plants with the light they need to grow. By having an indoor grow space, we are able to control the temperature, humidity, and other factors that help make our microgreen production work more efficiently. We are also able to grow microgreens all year long, which we can't do with any of our flowers. We plant microgreens in shallow trays, water them, and then once the seeds germinate, we place them under LED grow lights. Most of our microgreens are ready to harvest about 10 days after planting. The greens are then harvested with a knife and packaged in clear plastic containers before being delivered to our customers. Our favorite microgreens to grow are kale and broccoli. We market this mix as a "smoothie" mix, but they're also great on pizza!