

VEGETABLE OF THE WEEK

# MICRO SALAD MIX

Micro Salad Mix is a Robinette Farms exclusive! We mix roughly equal parts of pea shoots, sunflower shoots and buckwheat shoots to give you a lofty, crunchy, flavorful and highly nutritious mix of greens!

Pea shoots are all green, have a mild sugar snap pea flavor with a crunchy stem and soft leaves.

Sunflower shoots have a thick, white stem and 2 large thick leaves that are juicy, crunchy and have a mild nutty (sunflower seedy) flavor.

The buckwheat shoots have a beautiful pink and white stem and 2 delicate greenish/pink leaves and taste like lettuce but with a hint of citrus zest.

Micro greens and shoots of all kinds are known to have 40 times more nutrients and vitamins of their full grown versions! The micro salad mix is a great way to eat your greens and get loads of nutrition while you are doing it!

To store: Keep in ziplock bag in the refrigerator for up to 10 days, rinse before use.

To use: The micro salad mix can be used in the same way you would use baby salad greens. Toss them in a bowl, add toppings, your choice of dressing and go! This mix is also great on its own straight out of the bag - kids love it! You can also use it any other time you want to eat something green: sandwiches, tacos, burritos, noodle bowls, stir fry, eggs, pasta, you name it!

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