

**MICROGREENS
MASTERY
RECIPE BOOK**

Fresh Local Nutritious



Beatty Brook Farms

<https://www.facebook.com/BeattyBrookFarms>

We are Chris and Lynda from Beatty Brook Farms. We are passionate about fresh, organically grown local produce. When you buy produce from us, it was probably harvested yesterday and certainly within the last week. We take great pleasure in going from garden to table and eating foods we know are packed with nutrition and grown naturally, and we want to share that with others.

We eat microgreens with every meal and they go with almost any dish from a breakfast sandwich or smoothie to a wrap, grilled salmon, soup, salad, or stir fry. However, some recipes, such as those found here, truly make microgreens the star.

www.beattybrookfarms.ca

Table of Contents

- 02** Introduction
- 05** Superfood Smoothie
- 07** Pea Shoot Pesto
- 09** Eternal Spring Salad
- 11** Warm Sunflower-Apple Potato Salad
- 13** Sunny Sandwich
- 15** Paradise Toast

Recipes courtesy of Microgreensconsulting.com



Breakfast

SUPERFOOD
SMOOTHIE

Superfood Smoothie

Ingredients

- Broccoli
Microgreens
- Coconut Milk
(or milk)
- Frozen
Pineapple
- Frozen Mango
- Dates

Instructions

To start, pour 1.5 cups of coconut milk or your preferred plant/dairy milk into the blender. Then, scoop out 1/2 cup each of frozen pineapple and frozen mango, adding them to the mix. Incorporate 1 clamshell of broccoli microgreens (approximately 2 oz) into the blender, or if you're feeling adventurous, go for 2 clamshells for an extra burst of nutrition. The beauty of this recipe lies in its ability to mask the green flavor, despite the nutritional punch. Finally, toss in 3 to 5 dates for a touch of sweetness. Blend everything together for 1-2 minutes, and voila! You've got yourself a nutritional powerhouse of a breakfast or on-the-go meal!



Prep Time
5 Minutes



Cook Time
2 Minutes



Condiment

PEA SHOOT
PESTO

Pea Shoot Pesto

Ingredients

- Pea Shoots
- Garlic Cloves
- Pistachios
- Olive Oil
- Black Pepper
- Salt

Instructions

Add 3 cups of pea shoots, 1 cup of toasted nuts, 3 garlic cloves, a teaspoon of salt, and half a teaspoon of ground black pepper to a food processor bowl and pulse until you get to a coarse consistency.

Now, through the chute of your food processor, slowly add olive oil as you continue to pulse until it reaches desired consistency. Alternatively, you can add in a tablespoon of olive oil at a time if your food processor doesn't have a chute.

Notes:

You can substitute pistachios with walnuts, pine nuts, or any nuts of your choice.

The recipe is vegan, but if you consume cheese, adding parmesan gives this an extra flavor kick!

This pea shoot pesto can be stored in an airtight container in the fridge for 3 days. You can use this recipe on almost anything! Seriously, delicious pesto pastas, sandwiches, pesto salads - the world is your oyster.



Prep Time
5 Minutes



Cook Time
5 Minutes



Brunch

ETERNAL
SPRING
SALAD

Eternal Spring Salad

Ingredients

- Assorted Microgreens
- Chickpeas
- Radishes
- Tomatoes
- Arugula
- Black Olives
- Cucumber
- Dried Cranberries
- Olive Oil
- Balsamic Vinegar
- Black Pepper
- Salt
- Feta Cheese (optional)

Instructions

Begin by slicing or dicing the radishes, tomatoes, black olives, and cucumbers into thin pieces.

Combine your preferred microgreens (1-2 clamshells of crunchy micro mix is recommended), dried cranberries, and arugula with the chopped vegetables in a bowl.

Incorporate 1/2 can of chickpeas and thoroughly mix all the ingredients in the bowl.

For a quick and nutritious dressing, blend equal parts balsamic vinegar and olive oil, adding a pinch of salt and black pepper. Tip: Opting for high-quality olive oil and balsamic vinegar will enhance the salad's flavor profile significantly.

Optional: Enhance the salad's texture and flavor by adding feta cheese for a creamy and savory touch to your delightful eternal spring salad.



Prep Time
5 Minutes



Cook Time
5 Minutes



Sides

Warm
Sunflower -
Apple Potato
Salad

Warm Sunflower-Apple Potato Salad

Ingredients

- 1.5 lb mini potatoes
- 2 tbsp Olive oil
- 5 Green onion
- Medium apple
- Sunflower microgreens
- Salt and pepper to taste

Vinaigrette

- 1/4 cup olive oil
- 2 tbsp apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon honey

Instructions

Preheat oven to 450°F. Cut potatoes into quarters. In a bowl, coat the potatoes with 2 tbsp olive oil and sprinkle with salt. Spread in a single layer on a baking sheet and place in the oven. Bake until cooked through, about 15 minutes.

While it's cooking, in a small bowl vigorously mix vinaigrette.

Remove the potatoes from the oven and set them aside. Chop the apple and green onion. Put the potatoes in a bowl and pour on the vinaigrette.

Add apples, green onions, and half a package or more of sunflower microgreens. Toss it all together.

Serve warm or at room temperature. Add salt and pepper to taste.



Prep Time
10 Minutes



Cook Time
15 Minutes

Dinner

SUNSHINE
PANINI

Sunshine Panini

Ingredients

- Sourdough Bread
- Mozzarella Cheese
- Pea Shoots
- Sunflower Shoots
- Tomatoes
- Cucumber
- Hummus
- Olive Oil
- Black Pepper
- Salt

Instructions

Start by thinly slicing the tomatoes and cucumber.

On one side of each bread slice, drizzle a bit of olive oil. On the other side of each slice, spread about a tablespoon of hummus.

Layer the mozzarella cheese over the hummus, followed by the sliced tomatoes, cucumbers, pea shoots, and sunflower shoots. Sprinkle a pinch of salt and pepper over the vegetables.

Place the other bread slice on top, with the hummus-side facing down.

Heat a grill pan over medium-high heat. Once hot, transfer the sandwich onto the grill pan and press it down with a heavy pan. Cook for 3 to 5 minutes on each side, until the cheese is melted and grill marks appear.



Prep Time
5 Minutes



Cook Time
10 Minutes



Breakfast

PARADISE
TOAST

Paradise Toast

Ingredients

- Sourdough Bread
- Avocado
- Broccoli Microgreens
- Tomatoes
- Hummus
- Olive Oil
- Black Pepper
- Salt

Instructions

Start by slicing the tomatoes and avocado.

Toast the bread slices til golden brown.

On the each bread slice, spread about a tablespoon of hummus.

Add the tomato and avocado slices on top of the hummus followed by the broccoli microgreens.

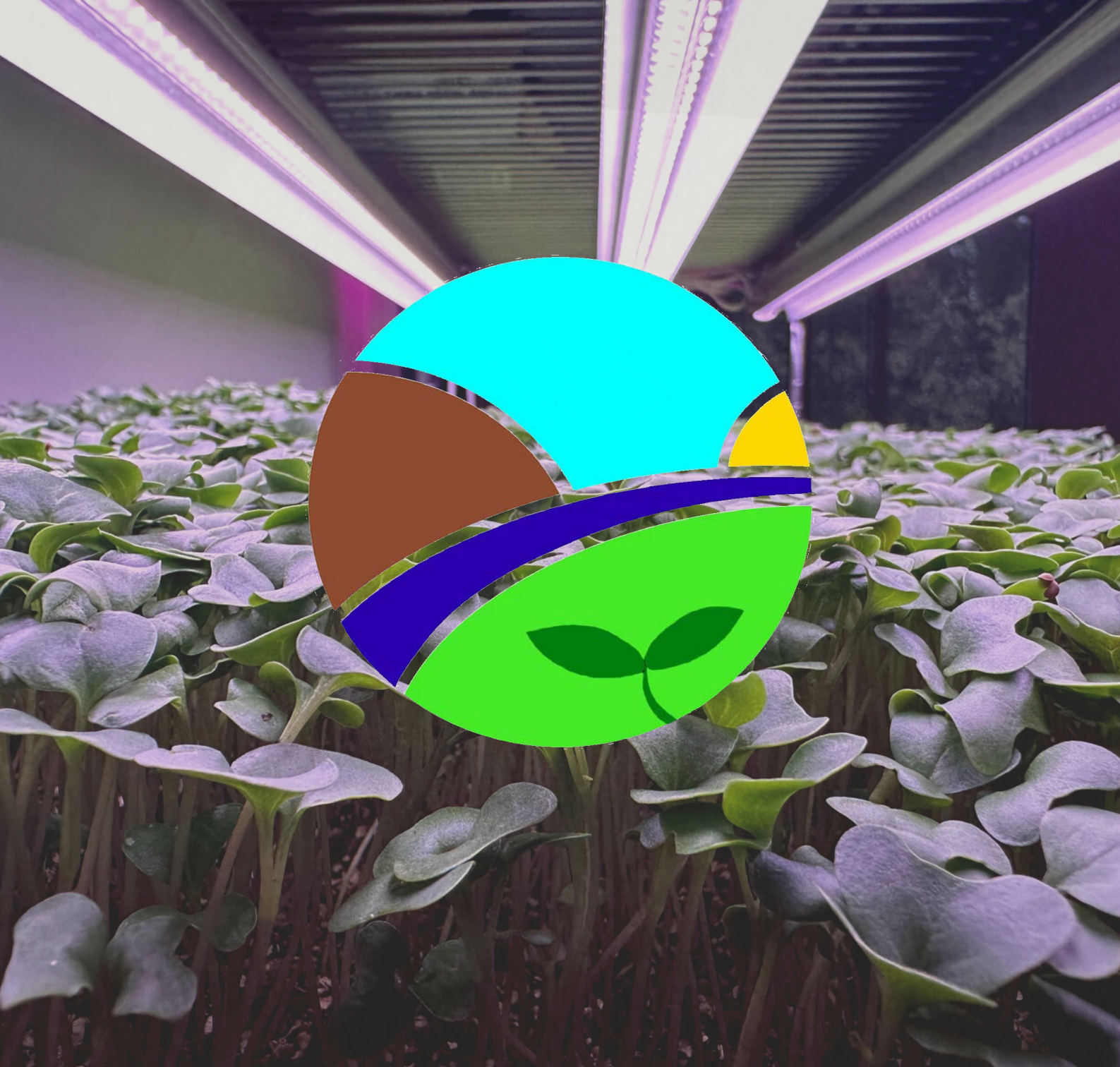
Sprinkle a pinch of salt and pepper and a light drizzle of olive oil



Prep Time
5 Minutes



Cook Time
5 Minutes



Find us at the following locations in Saint John, NB:

- Queen Square Farmers' Market
- The City Market Greengrocer
- Stirling's Rothesay Avenue
- Kuinshoeve Meats

www.facebook.com/BeattyBrookFarms

