



FARM FRIDAY FUN

WITH ARIZONA AGRICULTURE

MICRO GREENS

- Micro greens are plants that are only grown for a few weeks. This category can include cilantro, kale, beets, arugula, wheatgrass, basil, and more. They range from 1-1 ½ inches tall and include the stems and leaves.
- Some people have a specific gene that makes cilantro taste soapy.
- Cilantro has been used for over 5000 years.
- Cilantro is a rich source of fiber, antioxidants, and vitamins A,C, E, and K.
- The world record for the biggest beet is 156 pounds.
- Kale is one of the most nutrient-dense foods in the world.
- Wheatgrass only takes one minute for your body to digest.
- One ounce of wheatgrass holds the same nutritional value as two pounds of vegetables.
- Arugula can repel pests from itself and other nearby plants because of its spicy smell and taste.
- Historically, basil was used to treat snake bites.
- Many people believe basil originated in India over 5,000 years ago.

