

When you purchase Hillview's microgreens, you are directly supporting our programs and our work as a local, organic producer.

#### WHO ARE WE?

**Hillview Urban Agriculture Center (Hillview)** holds the mission of creating a healthy community through a local, sustainable, and accessible food system by:

- **Building soil** with food waste
- **Educating and inspiring** people of all ages and abilities to grow food
- **Growing, preparing, and preserving** healthy food together
- **Supporting a food system** that serves all our community needs

**Hillview** operates a grow-bay greenhouse at Western Technical College's Horticultural Education Center where we:

1. **Provide educational and inspirational program space** for people of all ages and abilities to participate.
2. **Grow organic and heirloom variety food** seedlings to be sold/donated for community gardens, school gardens, and the public.
3. **Grow microgreens** and produce to fruition for participants in our programs, Farmer's Market, and other buyers.



**Hillview**  
URBAN AGRICULTURE CENTER

*A Growing Experience*

[hillviewuac.org](http://hillviewuac.org)

@HillviewUAC

624 Vine Street, La Crosse, WI 54601  
(Corner of 7th & Vine)

[info@hillviewuac.org](mailto:info@hillviewuac.org) | 608.782.2585

## MICROGREENS



Locally grown by:



**Hillview**  
URBAN AGRICULTURE CENTER

**1 Microgreens are not Sprouts.** **Sprouts** are germinated seeds grown in water and are ready to eat in about 48 hours. When eaten, sprouts include the seed, roots, and immature leaves. **Our microgreens** are grown in a soil media for 7–14 days, depending on the variety, and are harvested when the first true leaves start to grow. Only leaves and stems are consumed. Microgreens can be purchased by the flat or harvested as needed to be sold in a clam container. Rinse microgreens before consumption.

**2 Microgreens are highly nutritious!** Microgreens can be grown from most varieties of herb and vegetable seeds. Since microgreens are infant versions of the plant, they are packed full of the same vitamins and minerals as their adult counterpart but in a smaller package. Microgreens are loaded with **vitamins C, E, and K**, along with **beta-carotene** (a pre-cursor to vitamin A) which provide many health benefits.

**3 Microgreens pack a punch of flavor.** Microgreens provide an intense flavor of their respective vegetable or herb variety and can be used in any way imaginable to add flavor and color to your meal:

1. Mix them into your salad for flavor boost
2. Top your meat or pasta
3. Make into a super green smoothie
4. Add to breakfast or lunch sandwiches
5. They are also beautiful in wraps, sushi, or stir fry

## WHAT WE SELL:

### 10 x 20 inch flats of organically grown microgreens

MICROGREEN	PRICE	GROWING TIME (DAYS)
Sunflower, Black Oil	\$20	7–10
Radish, Triton (Purple/Red)	\$20	5–7
Radish, Daikon (Green)	\$20	5–8
Pea, Field	\$20	8–11
Arugula	\$20	7–10

### Other Specialty Flats/Week:

Basil	\$25	16–25
Watercress	\$25	10–15
Amaranth	\$25	16–25
Kale, Mustard (Mizuna)	\$25	10–15
Corn	\$25	7–14

Restaurants can put the entire flat in a cooler to slow growth, maintain freshness, and harvest as needed. We ask for a set order of flats on a per week basis with a regular delivery day or one-time special order. We will take spent flats to be composted. Deliveries are made Monday, Wednesday and/or Friday.

Depending on the variety, please allow sufficient time between initial or special-order placement and retrieval of microgreens. This time allows for staff organization and grow time.

**Please reach out to Andie Schaefer to place an order: [greenhouse@hillviewuac.org](mailto:greenhouse@hillviewuac.org) or 414.736.7233.**

## MICROGREENS ORDER FORM

### BILL TO:

Buyer/Restaurant: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Delivery Address: \_\_\_\_\_

Email\*: \_\_\_\_\_

Phone: \_\_\_\_\_

\*Invoices are delivered via email unless otherwise arranged.

QTY	# FLATS/WEEK	MICROGREEN	PRICE	TOTAL

### DELIVER ON:

☐ Monday ☐ Wednesday ☐ Friday

☐ Other/one-time \_\_\_\_\_

### PAYMENT METHOD:

☐ pay on delivery ☐ invoice (preferred)

SIGNATURE \_\_\_\_\_

Date

**DELIVERY NOTES** (please specify what should be delivered on each delivery day along with other delivery notes)

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\_\_\_\_\_  
\_\_\_\_\_



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URBAN AGRICULTURE CENTER

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Hillview Urban Agriculture Center (Hillview) is a registered 501(c)3. We do not collect sales tax. All monies earned from sales go directly to maintaining this program and others.

