

I just purchased microgreens...

**NOW
WHAT
DO I
DO
WITH
THEM?**



Hillview)
URBAN AGRICULTURE CENTER

A Growing Experience

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Midwest Seasonal Recipes

An inspiring recipe guide to encourage shopping primarily at your local grocery stores, CSA's, and farmers markets. Eating seasonally and locally means that you try to predominantly buy foods that are harvested that season and also come from your general area. Microgreens allow you to get more nutrients by being grown year-round in Hillview's greenhouse!

Why Eat Seasonally and Locally?

SUPPORT LOCAL BUSINESSES: By shopping primarily in season and locally, you give money that once would have went to large chain grocery stores to small businesses in your area. This not only benefits that business but also your own community.

SAVE MONEY: Buying food that is in season means that the farmers can grow produce easier therefore, they can sell it for a lot less than normally.

HEALTHIER FOR YOU: Simply put, food that was grown in your area is made for you. Buying locally means that you are avoiding the question of "where did this come from?" or "how long was this in a truck, boat, etc. traveling to my area?".

SUSTAINABLE FOR THE ENVIRONMENT: By not having your food travel to you, less fossil fuels are used just to get the food to your area. Plus, local farmers often practice organic and sustainable agriculture.

EXPLORE NEW FLAVORS: Attempting to eat seasonally and locally means expanding your horizon to new fruits and vegetables that you may have never tried!

Autumn's Featured Recipes

BMT (Bacon Microgreens Tomato)

Making a classic even better / Serves 8

INGREDIENTS:

2 lbs thick bacon

5 oz microgreens (I prefer a mix of arugula, peas, radish, sunflower, and dill)

4 large tomatoes

16 ½-inch sliced bread, toasted

¼ cup pure maple syrup

2 tbsp dijon mustard

¼ tsp cayenne pepper

½ tsp kosher salt

Mayonnaise and mustard (I like sriracha mayonnaise) as desired

DIRECTIONS:

Whisk maple syrup, mustard, cayenne, and kosher salt in a small bowl. Place bacon in a large foil-line baking sheet. Rotate the baking sheet. Bake until it's brown and crispy (this depends on how thick your bacon is but usually 35-50 minutes). 5 minutes before bacon is done cooking, drizzle the desired amount of the maple seasoning onto the bacon. Put the bacon on paper towel to soak. Create your BMT with the desired amount of bacon, microgreens, and tomato.

MINI TWICE-BAKED POTATOES

A healthier twist on the classic baked potatoes, replace the typical bacon with microgreens without sacrificing flavor. / Serves 8 /Appetizer

INGREDIENTS:

16 baby potatoes

2 tbsp olive oil

3 oz microgreens (I prefer arugula or radish for a spicy kick!)

2 tbsp slice chives

½ cup shredded cheddar cheese

¼ cup sour cream (replace with plain Greek yogurt for a healthier addition)

1 tbsp melted butter

Salt and ground black pepper

DIRECTIONS:

Preheat the oven to 450 degrees. Poke holes in the potatoes and microwave on high for 4 minutes. Turn the potatoes over and microwave for an addition 4 minutes on high. Let the potatoes cool. Cut each potato in half (lengthwise). Remove the middle of each potato into a bowl leaving ¼ in. of potato next to the skin. Put the potatoes skin side up on a baking sheet. Drizzle olive oil and salt on potatoes. Bake for 10 minutes. Add cheese, sour cream, butter, a pinch of salt, and pepper. Mix well. Place filling in each potato-place potatoes filling-side up, bake until cheese is melted. Garnish with a liberal heaping of microgreens and chives.

Winter's Featured Recipes

CREAMY MICROGREEN PESTO

Spice up the original basil pesto for a healthier/tastier alternative.

INGREDIENTS:

3 tbsp any seeds or nuts that are hiding in your pantry (I like pine nuts and sunflower seeds)
3 cups any microgreens (I prefer sunflower, arugula, and peas)

3 cloves Garlic
2/3 cup Olive oil
1 tbsp Parmesan cheese
1 tbsp Lemon juice

DIRECTIONS:

Toast seeds and nuts in a saucepan until lightly roasted (2-5 minutes). Chop seeds, nuts, and garlic. In a food processor or blender add microgreens, lemon juice, parmesan, seeds, nuts, and garlic. Blend on high while gradually adding olive oil. Add your desired amount of salt and pepper. Place this on top of your favorite pasta or as a delicious panini sauce. *If you do not use all of this then freeze it into ice cube trays for later!

HEART-SHAPED PESTO 12-INCH PIZZA

Add wine and chocolate and you have the perfect Valentines meal.

INGREDIENTS:

Pizza dough (I prefer Trader Joe's)
1 cup microgreen pesto (recipe above) or any sauce you prefer!
6 oz fresh mozzarella

1 oz arugula microgreens (or mild mix/ radish mix)
4 baby bella mushrooms (optional)

DIRECTIONS:

Put pizza dough on a cookie sheet. Flatten and shape the dough into a heart shape (if your dough isn't cooperating then let sit for a few minutes and attempt later). Spread the pesto evenly across the pizza, add the mozzarella, arugula microgreens, and bella mushrooms. Bake the pizza depending on the crust (usually 450 degrees Fahrenheit for 5-8 minutes). Share with a loved one and enjoy!

Springs's Featured Recipes

SPROUTING STUFFED EGGS

The perfect Easter addition! A new look on the classic "deviled eggs".

Serves 8/Appetizer

INGREDIENTS:

Handful microgreens (suggestions: radish, pea, sunflower, arugula)	1 tsp yellow mustard
6 eggs	1/8 tsp salt
¼ cup mayonnaise	Ground black pepper and paprika (garnish)
1 tsp white vinegar	

DIRECTIONS:

In a medium saucepan boil water, as the water starts to boil, place 6 eggs and turn the heat to low, cover pan for 15 minutes then rinse with cold water for one minute, peel eggs shells, slice eggs in half, remove the yolks, mash the yolks into a crumble with a fork, add mayonnaise, vinegar, mustard, salt, and pepper, mix well, add microgreen on the tops of each egg as if it's sprouting on top and sprinkle with paprika.

COZY ASPARAGUS SOUP

Tired of throwing away asparagus ends? This is the recipe for you!

INGREDIENTS:

40-60 asparagus ends	2 medium red potatoes
1 cup sunflower microgreens (or radish if you want a kick!)	½ tsp lemon juice
1 tbs olive oil	¼ cup cream
1 yellow onion	Salt and pepper to taste

DIRECTIONS:

Break off asparagus ends and place in a large pot, fill pot with water (about one inch above the asparagus), bring the water to a boil and simmer for 30 to 40 minutes until the ends are soft, allow the ends to cool, blend the asparagus ends/liquid water used to boil the ends in a food processor, strain out the pulp (keeping the liquid) heat oil in a large pot and add chopped onion and potatoes, heat on medium high, stir for about 10 minutes, add asparagus stock and simmer for 10-30 minutes until veggies are soft, blend well, add juice of half a lemon, cream, and salt/pepper to taste. Place microgreens on top of soup.

Summer's Featured Recipes

BABY CAPRESE SALAD

The "I grew too many tomatoes" recipe.

INGREDIENTS:

10 oz grape tomatoes (or any smaller tomatoes)
8 oz cherry-sized balls of fresh mozzarella

2 oz fresh basil microgreens
½ cup balsamic vinegar
Honey
Salt and pepper to taste

DIRECTIONS:

In a saucepan, bring to a boil balsamic vinegar and honey on high heat then reduce to a simmer. Simmer for 10-15 minutes. Pat the mozzarella balls with a paper towel. In a large bowl add the tomatoes, mozzarella, and basil microgreens (save a little bit on top for a garnish). Mix well. Store in fridge. Drizzle the balsamic mixture on top when ready to serve. Add a few microgreens as the finishing touch.

SIMPLE SPRING ROLLS

Don't let this recipe discourage you! Spring rolls are simple and fun for the whole family to do.

INGREDIENTS:

Eight 8.5 in diameter rice papers (I prefer the Tasty Joy brand from Woodman's)
1 cup rice vermicelli (I prefer the Tasty Joy brand from Woodman's)

3 oz microgreens (Any will work great! I like to mix different ones together)
½ cup chopped carrots and peppers (for a crunch)

DIRECTIONS:

Bring a medium saucepan of water to a boil. Boil rice vermicelli for 3 to 5 minutes, strain, and put aside. Fill a large bowl with warm water (make sure it is not too hot to the touch). Lay the rice paper in the warm water for 30 seconds or until it's flexible. Lay the paper flat. Across the center, put a handful of vermicelli, microgreens, carrots, and peppers. Leave 2 inches of space on each side of the paper. Fold each side inward tightly. Repeat and eat!

Hillview Urban Agriculture Center is the La Crosse community's source for education and resources to grow and eat healthy food.

For the past nine years, Hillview has been an urban agriculture center with a mission to provide people in the La Crosse area with skills and resources to grow and eat healthy food, while building and advocating for a local food system that meets the needs of all community members.

We understand that one out of five children in our community lacks access to healthy food, that the three leading causes of death in La Crosse County are all food related, and that our environment is polluted by factory farm production and food waste. By building a strong community-based food system we benefit the physical health, social well-being, and vibrant economy of our community. Sounds like a big challenge, but we have a practical and holistic approach:

- Building healthy soil with food waste in our Vermicomposting Center
- Educating and inspiring people of all ages and abilities to grow food in our hoop house, greenhouse, and through education and special events
- Preparing and preserving healthy food together through our Market Baskets classes
- Collaborating to support a food system that serves all our community needs

Through your generous donations of time and/or dollars, you help us make a difference in our community. Whether it's a child holding a vermicomposting worm and thanking it for eating food waste, a senior mentor smiling while eating peas with a teen, a participant in a Market Baskets class declaring they do indeed like kale, or a community partner that works with us to build a stronger local food system, you are supporting us to achieve our mission. We can't do it without you!

Please join us and support our work for a healthier you and a more resilient community.

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