



**Whatever Comes Naturally
Presents
Hands on Micro-green Workshop**

**Thursday March 08 at 6pm
At The**

Mukwonago Community Library

**Also
Learn About New Youth Garden**

Take time to learn how you can improve your health. Every little bit counts and micro-greens are a great place to start. Bigger is not always better! Micro-greens are essentially seedlings of vegetables and herbs; sunflowers, peas, kale, lettuce, radish, mustard, basil, cilantro and nasturtium to name a few. These small seedlings are packed with more nutrients than their mature counterpart. Studies have shown that in some cases the micros can be almost 40% more nutrition than the full grown vegetable! They are easy to grow and very versatile in the kitchen. Add them to smoothies, use as a side dish, as a garnish, in a salad, on a sandwich or for juicing there are so many options!

In this workshop you and your kids can get your hands dirty. After we go over the basics of supplies, planting and growing you will be able to plant your very own micro-greens to take home. For those of you who don't want to get your hands dirty this may not be the hobby for you but there will be a limited amount of pre-grown samples to take. One per participant. I will also explain to the group our exciting new plans for the community youth garden coming this spring to the Mukwonago Community Library.

One more thing...because they are grown in soil; micro-greens are safe. They do not have the bad reputation that 'sprouts' do. No need to worry about harmful bacteria.