


# Dive into the world of OrVana's MicroGreens: Flavour, Nutrition and Tips



 +918310981968

 askorvana@gmail.com

# Sunflower MicroGreens



## *Flavor Profile*

*Sunflower microgreens offer a delightful blend of nutty and slightly sweet flavors, with a hint of earthiness.*

## *Nutrition profile*

*Sunflower microgreens are rich in nutrients, including vitamins A, B complex, C, and E, as well as minerals like calcium, iron, magnesium, and potassium. They are also packed with beneficial enzymes, antioxidants, and essential fatty acids, making them a powerhouse of nutrition.*

## *Tips*

- Sunflower microgreens are versatile, adding a unique twist to chutneys and curries, potentially substituting for peanuts. They also complement smoothies wonderfully.*
- It's tough to mask the flavor of sunflower microgreens, however, most kids like the taste of these nutritious microgreens.*

# Pak Choi MicroGreens



## *Flavor Profile*

*Pak Choi microgreens provide a mild and slightly peppery taste, reminiscent of mature bok choy, adding freshness to any dish.*

## *Nutrition profile*

*Pak Choi microgreens are abundant in vitamins A, C, and K, as well as calcium, iron, and folate. They also contain antioxidants and fiber, contributing to a healthy diet.*

## *Tips*

- Pak Choi microgreens are versatile. They can be used in salads, sandwiches as spread, chutneys, stir-fries, curries, and soups to enhance flavor and add a nutritional boost.*
- Add some coriander/podina to mask the flavor if kids dislike the flavor.*

# Pea MicroGreens



## *Flavor Profile*

*Pea microgreens offer a fresh, sweet flavor reminiscent of young peas (raw young pea), with a tender and crisp texture.*

## *Nutrition profile*

*Pea microgreens are packed with nutrients such as vitamins A, C, and K, as well as folate, fiber, and essential minerals like potassium and iron. They also contain antioxidants and plant-based protein, making them a nutritious addition to any meal.*

## *Tips*

- Pea microgreens may be used in salads, sandwiches, wraps, curries, and as a garnish for various dishes.*
- They basically could replace regular peas in any dish, such as chaats, samosas, or any other snacks or curries which kids love.*

# Beetroot MicroGreens



## *Flavor Profile*

*Beetroot microgreens offer a robust and earthy flavor, with a hint of sweetness, adding a vibrant red hue to any dish.*

## *Nutrition profile*

*Beetroot microgreens are rich in vitamins A, C, and K, as well as iron, manganese, and folate. They also contain antioxidants and dietary fiber, promoting overall health and well-being.*

## *Tips*

- Beetroot microgreens not only enhance the flavor of salads, sandwiches, and soups but also add a visually appealing touch as a garnish.*
- Their vibrant red color makes them a delightful addition to any dish.*



# Radish MicroGreens



## *Flavor Profile*

*Radish microgreens offer a peppery and slightly spicy flavor, adding zest and depth to dishes, with a hint of radish sharpness.*

## *Nutrition profile*

*Radish microgreens are packed with vitamins A, C, and K, as well as potassium, calcium, and folate. They also contain antioxidants and fiber, contributing to a healthy diet.*

## *Tips*

- Radish microgreens not only add a spicy flavor but also provide a nutritional boost to salads, sandwiches, and stir-fries.*
- In Indian cooking, radish microgreens can replace red chili to a large extent, adding heat and flavor to curries and other dishes.*

# Mustard MicroGreens



## *Flavor Profile*

*Mustard microgreens offer a bold, tangy flavor with a hint of spice, reminiscent of mature mustard greens, adding depth and zest to dishes.*

## *Nutrition profile*

*Mustard microgreens are rich in vitamins A, C, and K, as well as calcium, magnesium, and potassium. They also contain antioxidants and fiber, promoting overall health and well-being.*

## *Tips*

- Mustard microgreens add a delightful kick to curries, salads, sandwiches, and wraps, enhancing both flavor and nutrition.*
- They can also be used to make mustard sauce or chutney, which makes a tasty spread for bread and sandwiches, perfect for kids.*

# Chinese Cabbage MicroGreens



## *Flavor Profile*

*Chinese microgreens offer a delicate yet distinct flavor, reminiscent of traditional Chinese vegetables, with a subtle hint of spice, similar to mustard.*

## *Nutrition profile*

*Chinese microgreens are rich in vitamins, minerals, and antioxidants, providing essential nutrients for a healthy diet.*

## *Tips*

- Chinese microgreens can be used in various Asian dishes, adding authentic flavor and nutrition.*
- They pair well with coriander or mint (podina) to mask their flavor, but their slight spiciness, akin to mustard, may be challenging to conceal completely. Adjust seasoning accordingly for the best results.*



# Onion MicroGreens



## *Flavor Profile*

*Onion microgreens offer a robust and pungent flavor, reminiscent of mature onions, with a strong aroma that adds depth to dishes.*

## *Nutrition profile*

*Onion microgreens are rich in vitamins C and K, as well as folate, iron, and antioxidants, providing essential nutrients for a healthy diet.*

## *Tips*

- Onion microgreens have a strong flavor and can be used as a substitute for raw onions in dishes such as chaats, sandwiches, and salads.*
- This makes them a great option for those who find raw onions difficult to digest, as they provide the same flavor without the risk of causing gas. Adjust the quantity to suit your taste preferences.*

# More Information

## *Additional tips*

- *Microgreens should be lightly cooked, if desired, to preserve their freshness and nutrients.*
- *Microgreens are suitable for toddlers, babies, and everyone.*
- *They can substitute for mature counterparts to some degree.*
- *They can also be enjoyed as snacks at bedtime or any time of day.*

## *Important links*

- *Check out our website for recipes on how to incorporate these nutrition-packed microgreens into your kids' diets:*
  - <https://www.orvana.in/recipes>
- *Explore our subscription plans to simplify your weekly ordering process:*
  - <https://www.orvana.in/savings-rewards>
- *Instagram page:*
  - <https://www.instagram.com/orvana.in/>
- *Facebook page:*
  - <https://www.facebook.com/O'Vana.in/>