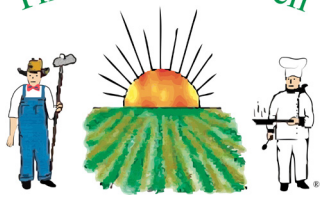


The Chef's Garden



*Growing vegetables slowly and gently  
in full accord with nature.*

# MICRO

*product guide*



Cilantro





Our vegetable crops are immensely versatile and have a special place in every chef's kitchen. Served raw or cooked, their natural sweetness and bright colors captivate the eye and please the palate. Plants offer different flavors and textures at every stage of growth, so we've developed unique sizing options that let a chef's creativity soar. Miniature vegetables, herbs, greens and lettuces in micro size pack a punch of flavor that can be used to add complexity of flavors or simply enhance a dish with their aroma, texture and visual appeal.

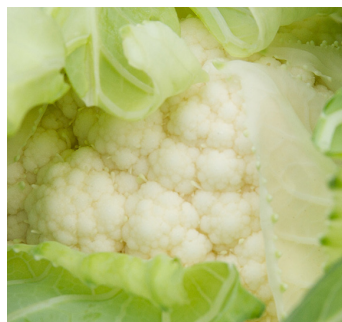
Visit [www.chefs-garden.com](http://www.chefs-garden.com) to see what is #InSeasonNow.



Allium



Beans & Peas



Cruciferous



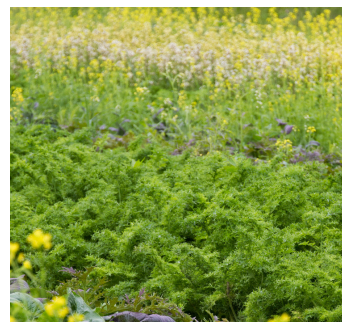
Cucumber



Edible Flowers



Edible Stem



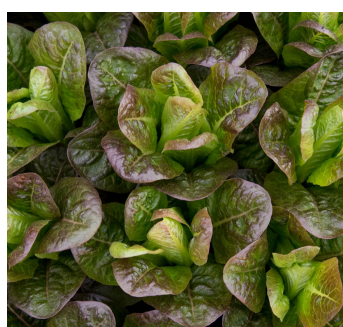
Greens



Herbs



Leaves



Lettuce



Root



Smallbites



Squash & Zucchini



Tomatoes



Tubers





**Anise Hyssop**

**Flavor:** sweet, clean licorice finish

**Texture:** tender stems, soft leaves

# Micro

Microgreens add depth of flavor, along with enhanced aroma, texture and visual appeal.



**Autumn Fire**

**Flavor:** mild earthy notes

**Texture:** thread-like stem



**Arugula**

**Flavor:** peppery and nutty

**Texture:** crisp and tender



**Basil-Green**

**Flavor:** mild basil flavor

**Texture:** crunchy



**Basil-Lemon**

**Flavor:** lemon zest flavor

**Texture:** firm and soft



**Basil-Opal**

**Flavor:** mild basil flavor

**Texture:** succulent and crunchy



**Basil-Thai**

**Flavor:** refreshing anise flavor

**Texture:** juicy, crispy stem



**Borage**

**Flavor:** mild pleasant cucumber and celery flavor

**Texture:** succulent and thick



**Beet of the Night**

**Flavor:** mild pleasant cucumber and celery flavor

**Texture:** succulent and thick



**Bulls Blood**

**Flavor:** sweet earthy, full-bodied beet flavor

**Texture:** succulent stems/leaves



**Burgundy Amaranth**

**Flavor:** sweet and mild flavor

**Texture:** dry and chewy



**Buckwheat**

**Flavor:** beans and flower notes

**Texture:** okra-like



**Carrot Top**

**Flavor:** floral and earthy with a light tingle sensation

**Texture:** feathery



**Chervil**

**Flavor:** similar to parsley with mild anise overtones

**Texture:** a bit stringy and fibrous



**Chinese Cabbage**

**Flavor:** sweet, mild cabbage

**Texture:** lightly crunchy



**Chives - Traditional and Memo**

**Flavor:** strong chive, mild onion

**Texture:** succulent and grass-like



**Chives - Gold Memo**

**Flavor:** strong chive, mild onion

**Texture:** succulent and grass-like





**Chrysanthemum**

**Flavor:** floral, mild lemon flavor, slight bitter finish

**Texture:** nice, light crunch



**Cilantro**

**Flavor:** warm, nutty and spicy, hint of fresh citrus

**Texture:** light, soft leaves



**Corn Shoots**

**Flavor:** mild sweet corn flavor

**Texture:** succulent stem



**Cress-Watercress**

**Flavor:** sweet with a kick of heat

**Texture:** crisp and succulent



**Cutting Celery**

**Flavor:** distinct celery flavor

**Texture:** tender and crunchy



**Dandelion - red**

**Flavor:** mild flavor with a slightly bitter bite

**Texture:** crisp stem and tender leaves



**Fennel**

**Flavor:** light, sweet anise flavor

**Texture:** crunchy stem, frilly leaves



**Greek Oregano**

**Flavor:** clove, warm and aromatic

**Texture:** tender, slightly dry



**Lemon Balm**

**Flavor:** refreshing lemon taste

**Texture:** dry leaves with juicy stems





**Lemon Bergamot**

**Flavor:** balanced peppery lemon

**Texture:** dry leaves, succulent stem



**Lemon Grass**

**Flavor:** clean lemon taste

**Texture:** tender and grass-like



**Lovage**

**Flavor:** mild bitter celery flavor

**Texture:** chewy, succulent stem



**Mache**

**Flavor:** rich sweet walnut flavor

**Texture:** tender and succulent



**Mint-Mountain**

**Flavor:** strong spicy mint flavor

**Texture:** light crunch



**Mint-Penny Royal**

**Flavor:** very strong mint flavor

**Texture:** delicate and soft



**Mizuna**

**Flavor:** sweet and peppery flavor

**Texture:** crunchy



**Mustard-Red**

**Flavor:** sweet with a peppery finish

**Texture:** crisp and tender



**Mustard-Wasabi**

**Flavor:** spicy punch reminiscent of horseradish

**Texture:** tender and succulent





**Parsley**

**Flavor:** green and fresh  
**Texture:** tender



**Pea Tendrils - Calvin**

**Flavor:** fresh pea taste  
**Texture:** crisp stems and tender leaves



**Pea Tendrils - Traditional**

**Flavor:** subtle pea taste  
**Texture:** tender leaves and stems



**Pea Tendrils - Gold**

**Flavor:** mildly sweet, earthy  
**Texture:** tender leaves and crunchy stems



**Popcorn Shoots**

**Flavor:** intensely sweet  
**Texture:** juicy stems



**Radish-Daikon**

**Flavor:** slightly peppery, radish finish  
**Texture:** crunchy



**Radish-Purple**

**Flavor:** peppery-spicy radish  
**Texture:** crisp and crunchy



**Red Ribbon Sorrel**

**Flavor:** bitter with sour apple notes  
**Texture:** cruchy



**Sage**

**Flavor:** lemony, camphor-like  
**Texture:** heavier and tender bite



**Anise Hyssop**

***"The first time I saw microgreens, I thought, 'How adorable!' And while they are cute, new research shows that they're also quite nutritious." (Shape)***

***"if you throw a big bunch of microgreens on anything, that's a pretty good shot of vitamins." (NPR)***

***"Microgreens offer a big punch of flavor in a compact, almost magical size." (Chef Nathan Lyon in Seattle Times)***

The case for microgreens is clearly and independently being made by scientists, researchers, fitness professionals and culinary experts. We're going to take that concept one step further and say that, although microgreens make excellent garnishes, they are so much more valuable.

"Microgreens," explains Jamie Simpson, the executive chef of the Culinary Vegetable Institute, "are really an extension of your dish as you build your layers of flavor. Garnish serves as an accent and pop of flavor, but microgreens are incredible additions of flavors."

Jamie recalls the first time he ever saw a microgreen and that was when he was working at the Charleston Grill in South Carolina. "The microgreen was from The Chef's Garden," he shares, "and it was a magical moment. I didn't even know these miniature choices existed. I remember that it was a sprouted seed of fennel that introduced me to the world of microgreens." And, because the microgreens from The Chef's Garden are so rich in flavor, less truly can be more. "You can add three or four individual leaves and sprouts," Jamie says, "to get multiple benefits in balance, texture and color, along with the most important factor: flavor."

Jamie admits that his favorite microgreen is celery. "The flavor is so true, it's even better tasting than the full-sized product," he says.

# MICROGREENS

## More Than Just A Garnish

**Basil-Green**

"It serves as the perfect herb, so clean." His second favorite? Thyme. "Just one single, incredibly aromatic leaf of thyme adds so much flavor, and the diners may not even realize where that flavor is coming from."

"It's micro lemongrass. It has all of the flavor of lemongrass but it isn't woody, so there is no straining after it's added to a dish."

Although Jamie doesn't use microgreens in every dish he makes, he says there isn't one single dish he can think of that couldn't include microgreens. "There is no product this versatile," he says, "across the spectrum of the culinary world."

### **Ways in which he uses microgreens, specifically, include:**

- Adding them when he needs a "little bit of salt and pepper, an accent in a certain direction"
- To lighten up dishes that would otherwise be "too dark and/or heavy"
- To add "rich, robust flavors for balance" in lighter dishes.
- Dressing them lightly with emulsion such as olive oil or sunflower oil to add interest to the plate

"I love how microgreens are so consistent," he adds. "They come straight from the farm with no prep required. Kale is kale, sunflower is sunflower, broccoli is broccoli, perfect little representations of what they are."

**Sunflower**





**Sea Cress**

**Flavor:** smooth and mild with a hint of saltiness

**Texture:** crunchy and juicy



**Sea Spears**

**Flavor:** salty green flavor

**Texture:** crunchy and succulent



**Shiso-Green**

**Flavor:** combination of cumin, cilantro, parsley and cinnamon

**Texture:** tender leaves



**Shiso-Red**

**Flavor:** sweet cinnamon with a mint finish

**Texture:** succulent tender leaves



**Sunflower**

**Flavor:** sweet, earthy, salty

**Texture:** crunchy and succulent



**Tat-soi**

**Flavor:** mildly spicy and nutty

**Texture:** chewy, succulent stems



**Tarragon**

**Flavor:** spicy, sweet, savory

**Texture:** dry and chewy



**Thyme**

**Flavor:** spicy, sweet, savory

**Texture:** dry and chewy



# SMALL

## *Italianbites*



basil



chervil



greek oregano



sage



opal basil



parsley

## *Sourbites*



red ribbon sorrel



flaming lucky sorrel



lucky sorrel



rainbow lucky sorrel



red ribbon sorrel



plum lucky sorrel

## *Asianbites*



red mustard



tat-soi



mizuna



shungiku



diakon radish



chinese cabbage

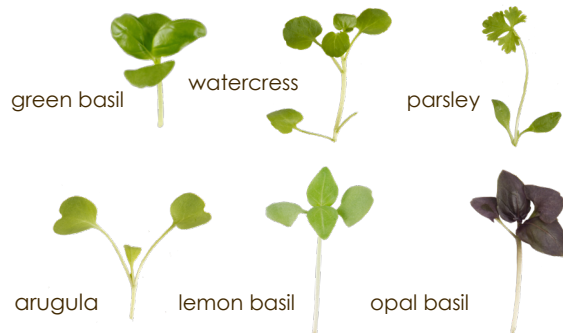


# bites

## *Basilbites*



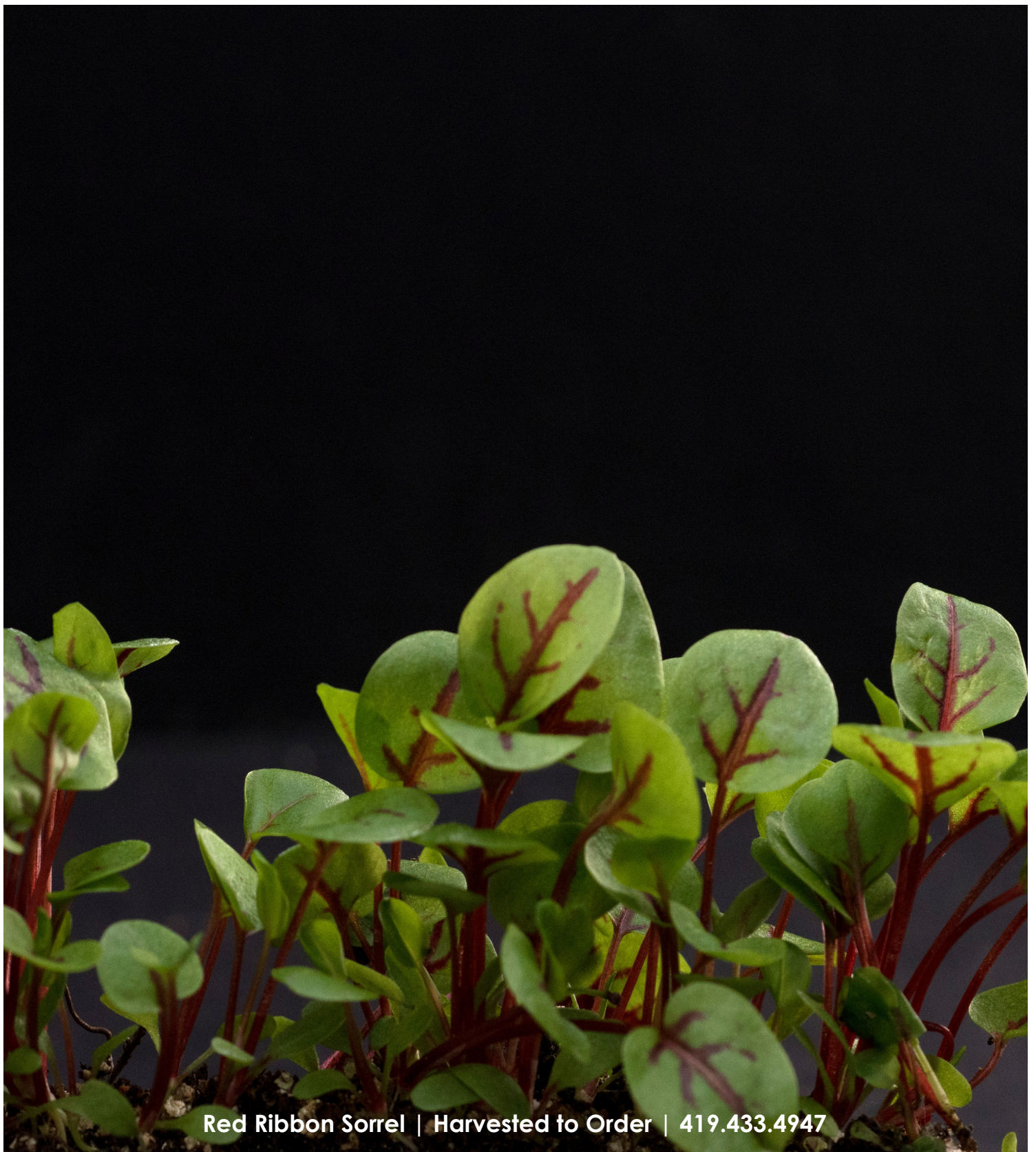
## *Pestobites*



## *Herbal Sensationbites*







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