



CHEF'S CHEAT SHEET

FLAVOR. PAIRING. PERFECTION.



A quick guide to flavors and pairings for
Sprout Farms Microgreens.

★ EVERYDAY COLLECTION

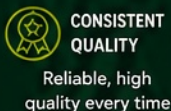
MICROGREEN	TASTE DESCRIPTION	PAIRING SUGGESTIONS
★  Broccoli	Mild, fresh broccoli flavor	Soups • Salads • Sandwiches • Seafood
★  Curly Pea Shoots	Sweet, crisp fresh pea flavor	Chicken • Seafood • Pasta • Salads • Sandwiches
★  Sunflower	Nutty, slightly sweet with a satisfying crunch	Burgers • Wraps • Grain Bowls • Sandwiches
★  Radish	Crisp, peppery finish	Steak • Burgers • Tacos • Eggs • Sandwiches
★  Red Russian Kale	Mild kale with a slightly sweet finish	Soups • Wraps • Grain Bowls • Roasted Vegetables
★  Swiss Chard	Mild, earthy flavor	Fish • Chicken • Pasta • Salads
★  Red Acre Cabbage	Mild cabbage with subtle sweetness	Slaws • Tacos • Sandwiches • Salads

👨‍🍳 CHEF'S SELECTION

MICROGREEN	TASTE DESCRIPTION	PAIRING SUGGESTIONS
👨‍🍳  Purple Vienna Kohlrabi	Mild broccoli with sweet cabbage notes	Pork • Seafood • Chicken • Vegetable Dishes
👨‍🍳  Red Veined Sorrel	Bright citrus with fresh lemon notes	Oysters • Scallops • Salmon • Crab • Cocktails
👨‍🍳  Bulls Blood Beet	Sweet, earthy beet flavor	Goat Cheese • Duck • Steak • Roasted Vegetables
👨‍🍳  Red Garnet Amaranth	Mild, earthy flavor	Seafood • Fine Dining Entrées • Desserts
👨‍🍳  Borage	Fresh cucumber flavor	Seafood • Oysters • Salads • Cocktails
👨‍🍳  Wasabi	Sharp wasabi heat with a clean finish	Sushi • Tuna • Poke Bowls • Seafood
👨‍🍳  Celery	Crisp, clean celery flavor	Soups • Seafood • Bloody Marys
👨‍🍳  Shiso	Basil, mint, cinnamon, and clove	Sushi • Sashimi • Duck • Grilled Fish

👑 SIGNATURE COLLECTION

MICROGREEN	TASTE DESCRIPTION	PAIRING SUGGESTIONS
👑  Cauliflower	Mild cauliflower with subtle sweetness	Fine Dining Entrées • Roasted Vegetables
👑  Arugula	Bold peppery flavor with a hint of nuttiness	Pizza • Pasta • Steak • Italian Cuisine • Salads
👑  Wheatgrass	Sweet grassy flavor	Fresh Juices • Wellness Shots • Smoothies
👑  Basil	Sweet basil aroma with hints of clove and pepper	Tomatoes • Mozzarella • Pasta • Pizza • Seafood



🌱 **LOCALLY GROWN. FRESHLY HARVESTED. ALWAYS DELICIOUS.** 🌱