



**MICRO-MIX:** Tiny, tender, gourmet baby greens cut at the first true leaf stage of growth and blended together. A “created” mix presents beautiful textures and colors with a variety of flavors. It now appears on the menus of 5-star restaurants and hotels in large cities and resort areas. Micro-mix indulges chefs with a new avenue for creativity and can be used as a garnish or flavoring for just about everything from soups to salads. It can be used as its own gourmet salad or sprinkled over entrees, thus making any dish visually appealing and deliciously appetizing. Micro-mix can be sold as a prepared mix or individual components. Ideas for its use are limited only by one’s imagination.

**SOWING:** Many growers prefer to grow each variety separately so custom blends can be easily created. A mix often contains 5-6 different varieties, with as many possible blends as there are growers and users. Care should be exercised in the selection of variety choices to keep seed costs in line with existing market prices. Many germinated seed varieties are ready at two weeks of growth, but that time can extend up to four weeks and beyond depending on environmental conditions. Coordinate sowing times to produce a mix when varieties mature to their optimal taste and size. A basic recipe includes Garnet Red Amaranth, Arugula, Bull’s Blood Beet, Red Cabbage, Red Russian Kale, and Mizuna. Refer to the Micro Mix table in the Lettuce section of our catalog for additional varieties.

**PRODUCTION:** Micro-mix is most often grown in greenhouses on raised growing platforms. Ebb & Flo technology is one potential choice for the greenhouse. While it is more practical for the grower to determine their most economical, yet productive, method for production, seeds are often sown into 20-row flats using a light, sterile, and soil-less mix. Minimize your use of media, but allow enough depth to retain sufficient moisture to prevent overwatering. Broadcast the seeds on the surface of the media as thickly as environmental conditions will permit, covering lightly. Use of a mister helps avoid soil splash-back onto the mix. If fertilizing, bottom watering is preferable and helps minimize disease pressure.

**HARVEST:** Micro-mix is harvested with at least one set of true leaves, generally between 1 to 2 inches in height. Each variety's taste will give you an indication of its optimal harvest period. Reduce damage to the tender cut product with minimal handling. Harvest can be done by cutting with scissors directly into the package, often a clear plastic clamshell. Two sources for clamshells are Monte Package Co. (800)-653-2807 ([www.montepkg.com](http://www.montepkg.com)), or Ultra Pac, Inc., (800)-999-9001 ([www.ultrapac.com/produce.htm](http://www.ultrapac.com/produce.htm)). Some producers wash their product before packaging, though this will have a tendency to reduce shelf life.

**SOME VARIETY ATTRIBUTES USED IN MICRO-MIX:** *Amaranth*: mild, colorful; *Arugula*: sharp, spiky flavor; *Basil*: sweet, spicy, colorful; *Beet greens*: vibrant color, mild flavor; *Brassicas*: mild cabbage flavor, some with weight and color, cooler weather choice; *Buckwheat*: fast growing, pink stems with weight; *Chard*: colorful petioles, mild flavor; *Chervil*: parsley/anise flavor; *Cilantro*: distinctive pungent flavor; *Cress*: sharp flavor; *Radishes*: crisp texture, distinct flavor, fast growing; *Dill*: delicate, slightly tangy flavor; *Endive*: slightly bitter flavor; *Fennel*: strong, sweet, natural anise flavor; *Kale*: weighty, colorful leaves; *Mizuna*: mild cabbage flavor; *Mustard*: pungent, colorful; *Orach*: mild, colorful; *Pea shoots*: pea taste, interesting weighty leaf; *Popcorn shoots*: Sweet blanched shoot with golden hue; *Shungiku*: bitter, lacy oriental green; *Spinach*: mild flavor.

Always check the latest edition of Johnny's Selected Seeds catalog or our website, [Johnnyseeds.com](http://Johnnyseeds.com), for the most up-to-date possibilities.

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