

Food Hero Growing and Cooking with Microgreens!



For tips and recipe ideas:

Type this link into a web browser: <https://foodhero.org/microgreens>

OR

Follow these steps to scan this QR code:



1. Open the camera app on a smart device (e.g. iPhone, Android, tablet, etc.).
2. Hold the device over the QR code as if you are going to take a picture of it.
3. A message should appear with a link – click on it. Once there, you can view information about microgreens.

Visit FoodHero.org to find low-cost, healthy, tasty and simple recipes!

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.



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