

*Learn the basics of*  
***Growing Microgreens***

UF | IFAS  
Baker County Extension Open House & 4-H Kick-Off  
Baker County Agricultural Center  
1025 W. Macclenny Ave (Hwy 90) in Macclenny

**Saturday, September 9th ~ 9:00 am to 11:00 am**

They may be tiny, but microgreens contain up to 40 times higher levels of vital nutrients than their mature counterparts! Add color, texture, and flavor to salads, garnish soups and main dishes, or add an extra kick of nutrients to juicing recipes. Eating your veggies has never been easier! And you can learn to grow your own!

- ◇ **Plant a take home tray of mixed microgreens of your choice, or take home a microgreen starter kit, complete with instructions.**
- ◇ **Pre-order your kit today; walk-ins also welcome the day of the event.**
- ◇ **Classes start every half hour**
- ◇ **Free information; microgreen starter kits \$5 each**

For more information, please visit <http://baker.ifas.ufl.edu> or call (904) 259-3520.

