

EVERYDAY MICROS FARM



The Chef's Botanical Blueprint

Perfect pairings, endless possibilities



“That without experimentation, a willingness to ask questions and try new things, we shall surely become static, repetitive, moribund.”

-Anthony Bourdain





Welcome Chef!

We're thrilled to embark on this culinary journey with you. As a chef dedicated to pushing the boundaries of flavor and presentation, your passion aligns perfectly with our mission to grow the freshest, most vibrant microgreens, herbs, and edible flowers. This guide is designed to inspire and support you as you craft dishes that not only taste exceptional but also tell a story on the plate. Whether you're experimenting with new flavor combinations or elevating classic recipes, we're here to be your trusted partner in this creative process.

The Everyday Micros Farm Team



Why Microgreens, Herbs and Edible Flowers?

Microgreens, herbs, and edible flowers are more than just garnishes—they're powerful tools in your culinary arsenal. These ingredients offer a spectrum of flavors, from the peppery bite of radish microgreens to the delicate sweetness of edible violets. **They can transform a dish, adding depth, complexity, and a burst of color that captivates both the palate and the eye.** By working directly with our farm, you're not just sourcing ingredients; you're accessing a fresh, locally-grown palette that allows you to innovate and refine your creations with confidence. Let's explore how these vibrant greens and blossoms can elevate your culinary vision.

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Understanding Pairing Principles

In the world of culinary excellence, pairing ingredients isn't just about matching flavours, it's about creating a harmonious experience that engages all the senses. **A seasoned chef would tell a beginner that understanding the interplay of flavour, texture, and aroma is key to crafting memorable dishes.** Here's how to think about each element when pairing microgreens, herbs, and edible flowers.



Balancing Flavours

Contrast vs. Complement

One of the first lessons in pairing is understanding when to contrast flavours and when to complement them. Contrasting flavours—such as pairing peppery arugula microgreens with sweet roasted beets—can create excitement on the palate. Complementary pairings, like basil with tomatoes, build on each other's strengths to enhance the overall taste. **As a beginner, focus on identifying dominant flavours in your dish and then choose microgreens, herbs, or flowers that either balance or accentuate these flavours.**

Intensity Matching

A key principle is to pair ingredients of similar intensity. Delicate microgreens like pea shoots may be overwhelmed by strong, bold flavours like black garlic. Instead, match them with equally delicate flavours, like a light citrus vinaigrette, to ensure that each element can be appreciated fully. According to Heston Blumenthal, a Michelin-starred chef known for his scientific approach to cooking, **matching the intensity of flavours ensures that no single component dominates the dish** (Blumenthal, 2006).



Enhancing Texture

Texture Contrast

Texture adds another layer of complexity to your dishes. A successful pairing often involves combining contrasting textures—such as crispy radish microgreens with a smooth, creamy avocado mousse. This contrast not only adds interest but also enhances the overall eating experience. Ferran Adrià, a pioneer in molecular gastronomy, emphasizes the importance of textural contrast, stating that it keeps the diner engaged and adds a surprising element to the dish (Adrià, 2008).

Texture Harmony

While contrast is crucial, there are times when harmony in texture is desirable. Pairing similarly textured ingredients, like velvety chive blossoms with a silky poached egg, can create a luxurious, cohesive experience. As you develop your skills, experiment with both approaches to discover what works best for each dish.

Amplifying Aroma

Aromatic Pairing

Aroma is a powerful component of flavour that often goes under-utilized. When pairing ingredients, consider how their aromas interact. For example, **the citrusy scent of lemon balm can uplift and brighten a dish with fatty elements**, like a rich salmon tartare. Michelin-starred chef René Redzepi highlights the importance of aroma in flavour perception, noting that it can evoke memories and emotions, making dishes more impactful (Redzepi, 2010).

Layering Aromas

Just as with flavours, layering aromas can add complexity. Incorporate herbs and edible flowers with distinct but complementary aromas to create a more nuanced dish. For instance, pairing the anise-like scent of fennel with the floral notes of lavender blossoms can result in a deeply aromatic experience that **engages the senses before the first bite**.



By focusing on these principles—balancing flavours, enhancing texture, and amplifying aroma—you'll develop a deeper understanding of how to create dishes that resonate on multiple sensory levels. **Pairing microgreens, herbs, and edible flowers is not just about following rules; it's about experimenting, tasting, and refining until you achieve a perfect harmony that elevates your culinary creations to new heights.**



References

Adrià, F. (2008). A Day at El Bulli: An Insight into the Ideas, Methods and Creativity of Ferran Adrià. Phaidon Press.

Blumenthal, H. (2006). In Search of Perfection. Bloomsbury.

Redzepi, R. (2010). Noma: Time and Place in Nordic Cuisine. Phaidon Press.



Pairing Guide

How to use microgreens





Amaranth

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“Cooking should bring out the natural vibrancy of the ingredients. Amaranth adds a beautiful colour and a gentle sweetness—use it to elevate a dish’s visual and flavour impact.” — Thomas Keller

Flavour Profile

Primary Taste

Mild, earthy and slightly sweet

Secondary Notes

Subtle hints of beet-like flavour

Texture

Mouthfeel

Delicate

Intensity

Gentle, making it versatile in dishes

Aroma

Scent Profile

Mild, earthy with fresh green aroma

Aromatic Pairings

Enhances dishes with subtle clean scent like basil and cilantro

Culinary Pairings

Protein

Pairs beautifully with delicate proteins like scallops, chicken and tofu

Grains

Enhances grain-based dishes like quinoa and couscous

Fruit

Works well with sweet fruits like mango, pear and berries

Vegetables

Complements root vegetables such as beets and carrots as well as lighter greens like arugula

Chef Tips and tricks

Complements root vegetables such as beets and carrots as well as lighter greens like arugula. We’ve seen a lot of chefs pair it with their beef tartare.

Arugula

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“Arugula’s peppery bite can cut through richness and add balance to a dish. It’s not just a garnish—use it to make your flavours pop.”

— Gordon Ramsay

Flavour Profile

Primary Taste

Peppery, slightly spicy with tangy bite

Secondary Notes

Mild nutty undertones with a subtle hint of mustard

Texture

Mouthfeel

Light

Intensity

Bold and assertive, capable of standing out

Aroma

Scent Profile

Fresh and herbaceous with peppery aroma

Aromatic Pairings

Compliments sharpness of garlic, bright citrus and rich olive oil

Culinary Pairings

Protein

Pairs with grilled chicken, steak, fish and eggs

Cheeses

Complements creamy cheeses burrata, ricotta, and goat cheese or sharper cheese like parmesan

Fruit

Works well with citrus fruits and stone fruits like peaches

Vegetables

Enhances tomatoes, avocados, and potatoes

Chef tips and tricks

Arugula microgreens are best used to cut through the richness of heavier dishes. Think about pairing them with something like a creamy burrata, a buttery risotto, or a fatty piece of pork belly.

Basil Green

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"Basil is more than an herb, it's a symphony in your dish. Use it generously, but with intention—it can overwhelm if you're not careful."

— Massimo Bottura

Flavour Profile

Primary Taste

Sweet, herbaceous, and slightly spicy

Secondary Notes

Subtle hints of clove and anise.

Texture

Mouthfeel

Smooth and tender with crispy stem

Intensity

Bold and aromatic, with a flavour that close to mature basil leaves

Aroma

Scent Profile

Intensely fragrant, sweet, spicy and slightly minty

Aromatic Pairings

Pairs well with garlic, tomatoes and citrus

Culinary Pairings

Protein

Pairs with poultry, fish and seafood

Fruit

Works well with strawberries, peaches and citrus

Vegetables

Enhances flavours of tomatoes and zucchini

Dairy

Complements creamy cheeses burrata, ricotta, and tangy like feta

Grains

Pairs well with pasta, risotto and polenta

Chefs tips and tricks

Since the flavour is subtle and fresh, avoid cooking them or exposing them to too much heat, as it can mute their aroma and delicate taste. Think of them as a fresh highlight—something to enhance, not overpower.

Basil Purple

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"Purple basil offers more than colour; its subtle anise undertones can transform a familiar dish into something unexpected."

— Alain Ducasse

Flavour Profile

Primary Taste

Mild sweet, less spicy than green basil

Secondary Notes

Subtle hints of clove and anise with earthy finish

Texture

Mouthfeel

Smooth and tender with crispy stem

Intensity

Milder than green basil, refined less dominant basil flavour

Aroma

Scent Profile

Less intense than green basil

Aromatic Pairings

Pairs well with lighter more fragrant ingredients like lavender and mint

Culinary Pairings

Protein

Pairs with poultry, fish like sea bass or cod

Fruit

Works well with berries, figs and stone fruits

Vegetables

Complements root vegetables like beets and parsnips or light vegetables like zucchini

Dairy

Creamy cheeses burrata, ricotta, and nutty flavour of aged cheese

Grains

Pairs well with quinoa, farro and couscous

Chefs tips and tricks

Purple basil microgreens have a more intense, slightly spicier, and more robust flavor compared to green basil, with a hint of clove or anise. Use them in more complex dishes, where their slightly spicier notes can stand up to richer, heartier ingredients.

Basil Siam

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"Siam basil has a hint of spice that can add depth to even the simplest dish. Use it in curries or salads for a surprise of flavour."
— David Thompson

Flavour Profile

Primary Taste

Sweet and licorice-like with anise flavour

Secondary Notes

Peppery hints of cinnamon and clove

Texture

Mouthfeel

Slightly firmer than purple and green basil

Intensity

Strong and bold, standout in SE Asian dishes.

Aroma

Scent Profile

Distinct licorice scent, slight citrus notes

Aromatic Pairings

Pairs well with ginger, garlic, and lemongrass

Culinary Pairings

Protein

Pairs with poultry, seafood and pork with bold flavours

Fruit

Works well with berries, figs and stone fruits

Vegetables

Bell peppers, eggplant, bok choy and spicy peppers

Dairy

Coconut milk in curries and soups

Grains

Noodles and Rice dishes - jasmine or sticky rice.

Chefs tips and tricks

Siam basil microgreens have a bold, slightly sweet, and licorice-like flavour with notes of anise and cloves, making them distinct from both green and purple basil. They work beautifully in Southeast Asian dishes, particularly Thai and Vietnamese cuisine.

Basil Holy (Tulsi)

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"Holy basil isn't just an herb—it's an experience. It has medicinal properties and a strong, unique flavour—treat it with respect."

— Atul Kochhar

Flavour Profile

Primary Taste

Sweet and spicy, slightly bitter notes

Secondary Notes

Clove like spice with hints of pepper, faint licorice

Texture

Mouthfeel

Slightly firmer than purple and green basil

Intensity

Robust and assertive. Often small amounts used

Aroma

Scent Profile

Warm and spicy clove, anise and peppermint

Aromatic Pairings

Ginger, black pepper, citrus enhancing sweet and spicy dishes

Culinary Pairings

Protein

Pairs with lamb, poultry, and pork with earthy spicy flavours

Fruit

Mango, guava, papaya, pomegranate & green apple

Vegetables

Carrots, sweet potatoes, and cruciferous vegetables

Dairy

Yogurt, paneer, mild cheese

Grains

Rice dishes with fragrant spices like biryani or pilaf.

Chefs tips and tricks

Holy Basil microgreens are perfect for adding a distinctive flavor to traditional South Asian dishes, or for infusing oils, syrups, and teas in modern fusion cuisine. Use sparingly to avoid overpowering other flavors.

Basil Lemon

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"Lemon basil brings a refreshing citrus note to dishes. It's perfect for cutting through fat in dishes like roasted chicken or grilled fish."
— Alice Waters

Flavour Profile

Primary Taste

Bright citrusy flavour, refreshing lemon note

Secondary Notes

Mild sweetness combined peppery and anise undertone

Texture

Mouthfeel

Slightly firmer than purple and green basil

Intensity

Light to medium, zesty kick without overpowering

Aroma

Scent Profile

Clean lemon scent that is uplifting

Aromatic Pairings

Mint, dill, parsely, cilantro and cumin

Culinary Pairings

Protein

Fish, chicken and shellfish

Fruit

Mango, guava, papaya, pomegranate & green apple

Vegetables

Tomatoes, cucumbers and leafy greens

Dairy

Mozzarella, ricotta and feta where lemon can cut creaminess

Grains

Refreshing to quinoa, couscous and bulgur

Chefs tips and tricks

Lemon Basil microgreens are perfect for adding a zesty twist to salads, seafood dishes, and desserts. Their refreshing flavour works well in both sweet and savoury applications.

Basil Cinnamon

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"The warming spice of cinnamon basil is subtle, but it can surprise your palate. Use it in desserts or even with lamb for a bold pairing."
— Grant Achatz

Flavour Profile

Primary Taste

Cinnamon-like flavour, balanced by classic basil

Secondary Notes

Hints of clove and anise

Texture

Mouthfeel

Soft but noticeable bite with crisp leaves

Intensity

Medium to strong, spicy sweet that adds depth

Aroma

Scent Profile

Warm

Aromatic Pairings

Warm spices like nutmeg, allspice, star anise, cardamom and vanilla

Culinary Pairings

Protein

Duck, lamb with focus on rich spices

Fruit

Stone fruits, apples, pears in spiced compotes and chutney

Vegetables

Potatoes, squash, carrots and pumpkin

Dairy

Mozzarella, ricotta and feta where lemon can cut creaminess

Grains

Rice and couscous with dried fruit and nuts

Chefs tips and tricks

Cinnamon Basil microgreens are perfect for adding a unique flavour to both savoury and sweet dishes. Use them to enhance spiced meats, desserts, or even beverages like cocktails or teas.

Beets

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"Beets are earthy and sweet—a chef's canvas for both colour and flavour. Roast them to bring out their natural sugars, but balance that sweetness with acidity."
— Rene Redzepi

Flavour Profile

Primary Taste

Earthy and Sweet. Both rich and smooth

Secondary Notes

Mildly bitter like freshly harvested beets

Texture

Mouthfeel

Tender and slightly crunchy. Slender stems

Intensity

Medium, its earthy depth makes it bold and subtle

Aroma

Scent Profile

Earthy and fresh

Aromatic Pairings

Thyme, rosemary, mushrooms and truffles

Culinary Pairings

Protein

Duck, lamb and venison. Earthy sweetness can cut through richness

Fruit

Raspberries, black berries and citrus fruits

Vegetables

Carrots, parsnips, kale and swiss chard

Dairy

Tangy cheese like goat cheese and feta

Grains

Farro, barley, quinoa

Chefs tips and tricks

Pairs well with slightly tangy or acidic elements, like balsamic reduction or citrus vinaigrette. They work especially well in salads with nuts and fruits like oranges or pomegranates.

Borage

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"Borage flowers bring a cool cucumber-like flavor, but also texture and visual appeal. It's a versatile garnish for both sweet and savory."
— Heston Blumenthal

Flavour Profile

Primary Taste

Crisp cucumber-like with a light sweetness

Secondary Notes

Subtle hints of mint and faint floral

Texture

Mouthfeel

Tender and slightly crunchy. Slender stems

Intensity

Light to medium, delicate flavour

Aroma

Scent Profile

Cucumber-like freshness, hint of floral

Aromatic Pairings

Dill, parsley, ingredients with citrus notes

Culinary Pairings

Protein

Chicken, seafood, and tofu

Fruit

Strawberry, melon, citrus

Vegetables

cucumber, tomatoes and avocados

Dairy

Soft cheese like chevre and ricotta

Grains

quinoa or couscous with fresh herbs and vinaigrettes

Chefs tips and tricks

Use them to brighten up seafood, such as oysters, scallops, or a light ceviche, where their crisp flavour complements the brininess of the ocean. Their delicate, cucumber taste also works beautifully in chilled soups like gazpacho or cucumber-yogurt sauces.

Broccoli

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"Broccoli can be as humble or as grand as you make it. Cook it properly—don't be afraid to char or roast to bring out its best flavour."
— Jamie Oliver

Flavour Profile

Primary Taste

Earthy and mild peppery

Secondary Notes

Slightly sweet and approachable

Texture

Mouthfeel

delicate leaves with crisp stems

Intensity

Light to medium, delicate flavour

Aroma

Scent Profile

Fresh vegetable aroma

Aromatic Pairings

Parsley and cilantro or peas

Culinary Pairings

Protein

Chicken, fish and tofu

Fruit

lemon and orange

Vegetables

cauliflower, brussels sprouts and leafy greens

Dairy

Creamy cheese like mozzarella, ricotta balancing richness

Grains

Brown rice, quinoa and barley

Chefs tips and tricks

Their mild flavour also pairs well with creamy dishes—like a rich potato gratin or a soft cheese—without clashing. They're versatile, so experiment with adding them to egg-based dishes like omelettes or frittatas.

Cabbage

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"Red cabbage adds both texture and a pop of color. Its slight bitterness makes it an ideal partner for sweet or fatty elements." — Niki Nakayama

Flavour Profile

Primary Taste

hint of sweetness, slight earthiness

Secondary Notes

Mildly peppery, a slight bitterness

Texture

Mouthfeel

delicate leaves with crisp stems

Intensity

Medium, balanced flavour that can pair mild and bold dishes

Aroma

Scent Profile

Earthy scent

Aromatic Pairings

Herbs like dill and parsley

Culinary Pairings

Protein

Pork, beef, tofu to compliment rich savoury protein

Fruit

Apples, pears and citrus

Vegetables

Kale, spinach, carrots and beets

Dairy

Sharp cheese like cheddar, gouda

Grains

Barley and bulgur

Chefs tips and tricks

Use them when you want a mild crunch with a touch of sweetness to complement dishes with stronger flavours, like pickled vegetables or cured meats.

Carrot Tops

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"Carrot tops are often overlooked, but they're a hidden gem. Use them to make pesto or garnish for an earthy, herbaceous note." — Alice Waters

Flavour Profile

Primary Taste

Herbaceous and mildly sweet carrot-like flavour

Secondary Notes

Slightly bitter and earthy undertones

Texture

Mouthfeel

Tender and feathery with light and airy texture

Intensity

Light to medium, offering delicate flavour

Aroma

Scent Profile

Fresh and green

Aromatic Pairings

Beets and Potatoes

Culinary Pairings

Protein

Chicken, fish and shellfish

Fruit

Citrus

Vegetables

Parsnips, carrots, beets and leafy greens

Dairy

Creamy cheeses like feta, goat cheese to balance richness

Grains

Farro and quinoa

Chefs tips and tricks

Carrot tops microgreens bring a bright, grassy, slightly sweet flavor similar to parsley but more delicate. They're perfect for garnishing lighter dishes, like fish or poultry, and can be used in herb-forward salads or salsas.

Chervil

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"Chervil is light and subtle, like a whisper of anise. It's best added at the end of cooking, so its delicate flavour shines."
— Paul Bocuse

Flavour Profile

Primary Taste

Anise-like flavour, similar to tarragon more subtle

Secondary Notes

Hints of parsley and a faint citrus flavour

Texture

Mouthfeel

Feathery and delicate airy texture

Intensity

Light, offering subtle flavour without overwhelm

Aroma

Scent Profile

Mildly sweet anise-like

Aromatic Pairings

Chives and tarragon

Culinary Pairings

Protein

Delicate proteins like fish, chicken and eggs

Fruit

Citrus

Vegetables

Asparagus, peas and carrots

Dairy

Light cheeses like ricotta and creme fraiche

Grains

Couscous

Chefs tips and tricks

Use them to bring an herbaceous lift to creamy sauces, egg dishes, or seafood like crab or lobster. They work particularly well in French cuisine, so try them in an herb omelette, Béarnaise sauce, or a light salad with vinaigrette.

Cilantro

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"Cilantro's brightness can define a dish, but it needs balance. Pair it with heat, citrus, or sweetness to unlock its full potential."
— Rick Bayless

Flavour Profile

Primary Taste

Bold citrusy with bright fresh flavour

Secondary Notes

Slightly peppery and hint of earthiness

Texture

Mouthfeel

Tender and crisp small leaves thin stem

Intensity

Medium to strong, can stand out in simple and complex dishes

Aroma

Scent Profile

Strongly aromatic, distinct citrusy that can stand out

Aromatic Pairings

Compliments mint, citrus and cumin

Culinary Pairings

Protein

Bright flavour for light protein like chicken and pork

Fruit

Lime and orange

Vegetables

Tomatoes and peppers

Dairy

Pairs with creamy cheeses and sour cream

Grains

Rice and quinoa

Chefs tips and tricks

Garnish tacos, ceviche, or curries with them, where their intense citrusy notes can cut through rich, spicy flavors. They also pair well with avocado, lime, and fish. Use cilantro microgreens sparingly, as their bold flavor can easily dominate.

Cilantro Confetti

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"Confetti cilantro's delicate appearance belies its bold flavour. Use it as a finishing touch, where its beauty and taste will be most appreciated." — Enrique Olvera

Flavour Profile

Primary Taste

Milder than standard cilantro microgreens

Secondary Notes

Hint of sweetness and peppery finish

Texture

Mouthfeel

Tender and feathery with frilly leaves

Intensity

Light to medium, gentle flavour for refined touch

Aroma

Scent Profile

Light citrusy more subdued

Aromatic Pairings

Chervil and dill

Culinary Pairings

Protein

Bright flavour for light protein like chicken and pork

Fruit

Lime and orange

Vegetables

Radish and tomatoes

Dairy

Light cheeses like ricotta and mascarpone

Grains

Quinoa and couscous

Chefs tips and tricks

Confetti cilantro microgreens are a milder, more delicate version of traditional cilantro, with a slightly sweeter and more herbaceous flavour. They work well in lighter dishes like salads, seafood, and even cold soups like gazpacho.

Corn Shoots

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"Corn shoots bring a surprising sweetness and texture. Use them in salads or as a garnish to add a touch of spring to your plate."

— Alain Passard

Flavour Profile

Primary Taste

Sweet and buttery like sweet corn

Secondary Notes

Grassy undertone with clean finish

Texture

Mouthfeel

Crisp and tender juicy texture satisfying bite

Intensity

Light to medium gentle sweetness

Aroma

Scent Profile

Mildly aromatic

Aromatic Pairings

Other sweet mild herbs like basil and mint

Culinary Pairings

Protein

Light proteins like chicken, fish and shellfish

Fruit

Tropical fruit like mango and pineapple to contrast tartness

Vegetables

Cucumber and bell pepper

Dairy

Light cheeses like ricotta and mascarpone

Grains

Polenta

Chefs tips and tricks

Pairs beautifully with rich, fatty meats like pork belly or duck, where their sweetness provides balance. Consider using them in dishes with spicy or smoky flavors, such as a BBQ dish, to contrast and enhance the depth of the flavors. Corn shoots are also great in salads with acidic dressings or as a garnish on creamy soups like corn chowder.

Radish Daikon

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"Daikon's sharpness can elevate a dish's complexity. Balance it with sweetness or use it raw for a refreshing crunch."

— Nobu Matsuhisa

Flavour Profile

Primary Taste

Peppery

Secondary Notes

Hints of turnip

Texture

Mouthfeel

Crisp and tender leaves

Intensity

Light to medium gentle sweetness

Aroma

Scent Profile

Mildly aromatic

Aromatic Pairings

Shiso, ginger and miso

Culinary Pairings

Protein

Salmon, shrimp, tofu

Fruit

Pears and apples

Vegetables

Cucumber and carrot

Dairy

Creamy cheeses like goat cheese or ricotta

Grains

Rice

Chefs tips and tricks

Pair them with a drizzle of yuzu or a touch of black truffle oil to highlight their subtle heat and fresh earthiness.

Dill

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"Dill is assertive, so use it thoughtfully. It pairs beautifully with fatty fish, where its bright flavour cuts through richness."
— Eric Ripert

Flavour Profile

Primary Taste

Bright and citrusy

Secondary Notes

hint of anise

Texture

Mouthfeel

Soft, feathery and delicate

Intensity

Light to medium delicate refreshing flavour

Aroma

Scent Profile

Citrusy and fresh

Aromatic Pairings

Tarragon and mint

Culinary Pairings

Protein

Salmon, chicken, and shellfish

Fruit

Melon, lemon, lime

Vegetables

Cucumber, fennel, carrots

Dairy

Creamy cheeses and yogurt

Grains

couscous and bulgur

Chefs tips and tricks

Use them in dishes where a lighter touch of dill is desired, such as seafood, smoked salmon, or cucumber-based salads. They work especially well in cold sauces, like tzatziki or herb butters, and pair beautifully with eggs.

Fava

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"Fava beans bring freshness to a dish. Treat them simply, with olive oil and salt, or puree them for a creamy contrast."
— Thomas Keller

Flavour Profile

Primary Taste

Earthy and nutty bean flavour

Secondary Notes

Slightly sweet hint of bitterness

Texture

Mouthfeel

Crisp, slightly chewy

Intensity

Medium, hearty taste

Aroma

Scent Profile

Mildly earthy smell of spring beans

Aromatic Pairings

Rosemary, thyme, sage

Culinary Pairings

Protein

Lamb, pork, and beef

Fruit

Figs, pomegranate, lemon

Vegetables

Mushroom, leeks, parsnip, carrots

Dairy

Sharp cheese like aged cheddar and parmesan

Grains

lentils, quinoa and farro

Chefs tips and tricks

Fava bean microgreens have a mild, slightly nutty flavor with a hint of bitterness, similar to mature fava beans. They're perfect for adding texture and subtle flavor to grain bowls, pastas, or legume-based salads.

Garlic Chives

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"Garlic chives are all about the subtle hit of garlic. Use them raw for a punch or lightly sautéed to mellow their sharpness."
— David Chang

Flavour Profile

Primary Taste

Mildly garlicky, hint of onion

Secondary Notes

Slightly herbal, hint of spice

Texture

Mouthfeel

Delicate with slight chewiness

Intensity

Medium

Aroma

Scent Profile

Garlicky

Aromatic Pairings

Cilantro and thyme

Culinary Pairings

Protein

Chicken, fish and tofu

Fruit

lemon, melon

Vegetables

Potatoes, eggplant, peppers

Dairy

Creamy cheese like goat cheese and ricotta

Grains

Rice, quinoa and lentils

Chefs tips and tricks

Garlic chives microgreens offer a mild, garlicky flavor with a subtle onion undertone. They're excellent for adding a light garlic kick to dishes without the intensity of raw garlic cloves.

Kale

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"Kale can be tough, but with the right treatment—massaging, roasting, or sautéing—it can be a revelation. Pair it with acidic or umami-rich ingredients."

— April Bloomfield

Flavour Profile

Primary Taste

Mildly bitter

Secondary Notes

Hint of earthiness

Texture

Mouthfeel

Crisp and tender, delicate bite

Intensity

Light to medium

Aroma

Scent Profile

Fresh and earthy

Aromatic Pairings

Garlic, parsley and chives

Culinary Pairings

Protein

Lean and fatty protein like chicken, pork and fish

Fruit

Apples

Vegetables

Squash, cabbage, sweet potatoes, beets

Dairy

Creamy cheese like goat cheese and ricotta

Grains

lentils, quinoa and farro

Chefs tips and tricks

Kale microgreens are tender and slightly sweet, with a mild earthiness compared to mature kale. They work well when you want to add a nutritious green to a dish without overpowering it.

Kohlrabi

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"Kohlrabi has a crisp texture and mild flavour. It's perfect raw in salads or pickled for a crunchy, refreshing side."
— Yotam Ottolenghi

Flavour Profile

Primary Taste

Mild sweetness similar to turnip

Secondary Notes

peppery undertone, not overwhelming

Texture

Mouthfeel

Crisp and light

Intensity

Light to medium

Aroma

Scent Profile

Fresh, slightly earthy

Aromatic Pairings

Caraway and dill

Culinary Pairings

Protein

White fish, chicken, pork, tofu

Fruit

Apples, pineapple, grapes

Vegetables

Carrot, radish, cucumber

Dairy

Feta, goat cheese, ricotta

Grains

Quinoa, barley, farro

Chefs tips and tricks

Their mild flavour allows them to complement richer ingredients without overpowering them, so pair them with fatty proteins like pork or duck. For an unexpected twist, toss them into a citrus salad with orange segments to highlight their subtle sweetness.

Leek

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"Leeks are all about subtlety—slowly cooked, they become sweet and tender, a perfect base for broths and soups."
— Daniel Boulud

Flavour Profile

Primary Taste

Mild onion, reminiscent of scallions

Secondary Notes

hint of garlic

Texture

Mouthfeel

Crisp and tender delicate structure

Intensity

Light to medium onion flavour

Aroma

Scent Profile

Onion

Aromatic Pairings

Bay leaf, rosemary, thyme

Culinary Pairings

Protein

Chicken, eggs, shellfish, white fish

Fruit

Apples, pears, figs

Vegetables

Potatoes, asparagus, mushroom, spinach

Dairy

Goat cheese, gruyere, cream

Grains

Barely, quinoa, farro

Chefs tips and tricks

They're a fantastic alternative to scallions when you want a less pungent onion kick. Use them to top soups, such as potato-leek or French onion, where their mild onion flavour enhances without overwhelming.

Mint Korean

EVERYDAY MICROS FARM



"Korean mint has a slight licorice flavour that can elevate both savoury and sweet dishes. It works wonderfully in cold noodle salads or desserts." — Roy Choi

Flavour Profile

Primary Taste

Mint with anise undertone

Secondary Notes

Slight bitterness

Texture

Mouthfeel

Soft and delicate

Intensity

Medium, noticeable yet balanced flavour

Aroma

Scent Profile

Strong mint, underlying licorice and anise

Aromatic Pairings

Citrus, ginger and coriander

Culinary Pairings

Protein

Lamb, duck, tofu and shellfish

Fruit

Citrus, melon, strawberries and blueberries

Vegetables

Zucchini and peppers

Dairy

Ricotta and yogurt

Grains

Rice, quinoa and couscous

Chefs tips and tricks

Korean mint microgreens have a sweet, licorice-like flavour with hints of anise and a cooling menthol undertone. Incorporate them into a glaze for roasted meats or use them as a garnish for Asian-inspired dishes, like bibimbap or pho. Add sparingly, as the licorice flavour can be intense.

Mint Lemon Bergamot

EVERYDAY MICROS FARM



"The citrusy brightness of lemon bergamot mint pairs beautifully with seafood or desserts, bringing a clean, refreshing finish."
— Michel Roux

Flavour Profile

Primary Taste

Bright citrus

Secondary Notes

refreshing minty

Texture

Mouthfeel

Soft and smooth, velvety

Intensity

Medium, balanced citrus note

Aroma

Scent Profile

Mint

Aromatic Pairings

Lemongrass, basil, lavender

Culinary Pairings

Protein

Fish, poultry, shellfish

Fruit

Orange, lime, peaches

Vegetables

Asparagus, peas, zucchini, fennel

Dairy

Yogurt, marscarpone, goat cheese

Grains

Quinoa, couscous, bulgur

Chefs tips and tricks

Use them in desserts like lemon tarts or sorbets to elevate the citrus flavour, or pair them with grilled fish, where their bright, minty aroma contrasts beautifully with rich, buttery flavours. They also make a great garnish for cocktails—try adding them to a gin-based drink for a sophisticated twist.

Mustard Mix

EVERYDAY MICROS FARM



"Mustard greens have a peppery heat that can stand up to bold flavours like cured meats or rich sauces. Don't be shy when using them."
— Sean Brock

Flavour Profile

Primary Taste

Midly spicy, similar to horseradish

Secondary Notes

Earthy undertones

Texture

Mouthfeel

Crisp, satisfying bite

Intensity

Medium, sharp flavour

Aroma

Scent Profile

Mild horseradish

Aromatic Pairings

Garlic, ginger, cumin

Culinary Pairings

Protein

Prok, beef, duck, tofu

Fruit

Pear, apple, lemon and grapefruit

Vegetables

Potatoes, brussels sprouts, beets

Dairy

Aged cheddar, gruyere, blue cheese

Grains

Barely, quinoa, rye

Chefs tips and tricks

Use mustard microgreens to introduce very mild heat in a dish where it can be balanced by sweetness or acidity. For example, pair with roasted vegetables and a sweet vinaigrette.

Pea Shoots

EVERYDAY MICROS FARM



"Pea shoots offer a fresh, green sweetness that complements spring dishes. Add them raw at the last moment to retain their crispness."
— Alice Waters

Flavour Profile

Primary Taste

Mild sweet pea flavour

Secondary Notes

Slightly grassy

Texture

Mouthfeel

Gentle crunch and refreshing

Intensity

Light, subtle sweetness

Aroma

Scent Profile

Fresh garden peas

Aromatic Pairings

Light sweet aroma

Culinary Pairings

Protein

Chicken, fish, shellfish, tofu

Fruit

Strawberries, peaches, apples, lemon

Vegetables

Asparagus, zucchini, radishes, spring onions

Dairy

Ricotta, mascarpone, feta

Grains

Quinoa, bulgur, farro

Chefs tips and tricks

Pair pea shoots with light, fresh ingredients like ricotta, lemon, or spring vegetables to enhance their delicate flavour. They also make an excellent topping for pastas or risottos, adding both freshness and texture.

Pea Tendrils

EVERYDAY MICROS FARM



"Pea tendrils are tender and sweet, with a hint of earthiness. Use them to add freshness to stir-fries or as a garnish for a textural contrast."

— Jean-Georges Vongerichten

Flavour Profile

Primary Taste

Mild sweet pea flavour

Secondary Notes

Slightly grassy

Texture

Mouthfeel

More crunch than peashoots

Intensity

Light, subtle sweetness

Aroma

Scent Profile

Fresh garden peas

Aromatic Pairings

Ginger, garlic, sesame oil

Culinary Pairings

Protein

Chicken, fish, shellfish, tofu

Fruit

Strawberries, peaches, apples, lemon

Vegetables

Mushrooms, bell peppers

Dairy

Goat cheese, cream cheese, creme fraiche

Grains

Quinoa, bulgur, farro

Chefs tips and tricks

Their slightly bitter, nutty flavour makes pea tendrils ideal for balancing rich, umami dishes or adding complexity to light, fresh preparations. Pair with citrus or umami-rich ingredients for the best effect.

Radish Daikon

EVERYDAY MICROS FARM



“It has a distinct mildness that makes it perfect for complementing both delicate and bold flavours”

– Japanese Taste

Flavour Profile

Primary Taste

Sharp peppery heat

Secondary Notes

Slight earthiness with mild sweetness

Texture

Mouthfeel

Crisp and refreshing

Intensity

Strong pungent flavour

Aroma

Scent Profile

Pungent slightly spice

Aromatic Pairings

Ginger, garlic, sesame oil

Culinary Pairings

Protein

Beef, pork, fish, tofu

Fruit

Apples, pears, citrus

Vegetables

Cucumber, carrots, beets and cabbage

Dairy

Goat cheese, feta

Grains

Rice

Chefs tips and tricks

Their bold, pungent flavour makes daikon radish microgreens an excellent choice for adding heat and complexity to dishes, particularly when balanced with creamy, sweet, or acidic elements.

Radish Red

EVERYDAY MICROS FARM



“This not-so-popular vegetable is really a diamond in the rough and very versatile”
— Richard LaMarita

Flavour Profile

Primary Taste

Peppery

Secondary Notes

Slight earthiness with mild sweetness

Texture

Mouthfeel

Crisp

Intensity

Moderate not overpowering

Aroma

Scent Profile

Fresh

Aromatic Pairings

Citrus, ginger, chives, garlic

Culinary Pairings

Protein

Beef, chicken, seafood

Fruit

Apples, pears, peach

Vegetables

Cucumber, carrots, and cabbage

Dairy

Goat cheese, feta, creme fraiche

Grains

Bulgur

Chefs tips and tricks

Use them to top off poke bowls, tacos, or roasted vegetables for a burst of flavor and crunch that's distinctly radish-forward yet balanced with a subtle, sweet finish.

Radish Ruby Stem

EVERYDAY MICROS FARM



"Ruby stem radish is all about presentation and spice. Its vibrant colour makes it an ideal garnish, but it also adds a peppery kick." — Grant Achatz

Flavour Profile

Primary Taste

Sharp peppery heat

Secondary Notes

Slight earthiness with mild sweetness

Texture

Mouthfeel

Crisp and refreshing

Intensity

Strong pungent flavour

Aroma

Scent Profile

Pungent slightly spice

Aromatic Pairings

Ginger, garlic, sesame oil

Culinary Pairings

Protein

Lamb, beef, chicken, tofu

Fruit

Pomegranate, raspberries, lime

Vegetables

Carrots and beets

Dairy

Goat cheese, brie, yogurt

Grains

Wild rice

Chefs tips and tricks

Radish ruby stem microgreens offer a spicy, peppery kick with a hint of earthiness, similar to traditional radish but with more intensity. Radish microgreens also work well in sandwiches or tacos, where their heat can balance out richer flavours.

Sunflower

EVERYDAY MICROS FARM



"Sunflower shoots have a nutty flavour that pairs well with grains and seeds. Use them for texture in salads or grain bowls." — Dan Barber

Flavour Profile

Primary Taste

Nutty and slightly sweet

Secondary Notes

Fresh

Texture

Mouthfeel

Crisp with substantial crunch

Intensity

Mild subtle flavour

Aroma

Scent Profile

Fresh and green

Aromatic Pairings

Basil, mint

Culinary Pairings

Protein

Chicken, tofu, quinoa

Fruit

Pomegranate, raspberries, lime

Vegetables

Carrots and beets

Dairy

Mozzarella, cheddar, ricotta

Grains

Brown rice

Chefs tips and tricks

Their hearty texture makes them great for adding volume and crunch to salads, grain bowls, or wraps. Sunflower microgreens pair well with creamy, rich ingredients like avocado, goat cheese, or tahini. They're also excellent in pesto or as a garnish for hearty soups, like lentil or bean soups.

Swiss Chard

EVERYDAY MICROS FARM



"Swiss chard's mild, earthy flavour pairs well with citrus or rich proteins like pork. It's versatile enough for both raw and cooked applications."
— Alice Waters

Flavour Profile

Primary Taste

Mild earthy

Secondary Notes

Subtle bitterness like spinach

Texture

Mouthfeel

Tender with slight crunch from stems

Intensity

Light to medium, balanced earthiness

Aroma

Scent Profile

Fresh and earthy

Aromatic Pairings

Dill, lemon zest, garlic

Culinary Pairings

Protein

Fish, chicken, egg, lentils

Fruit

Pomegranate, figs, orange and apples

Vegetables

Beets and zucchini

Dairy

Goat cheese, feta, parmesan

Grains

Quinoa, barley, couscous

Chefs tips and tricks

Swiss chard microgreens have a mild, earthy flavor with a hint of sweetness, much like mature Swiss chard but more tender and delicate. Use them to add a burst of color and subtle flavor to salads, quiches, or grain bowls.

Thyme

EVERYDAY MICROS FARM



"Thyme brings depth and warmth. It's versatile and can be used in marinades, stews, or even desserts like lemon thyme shortbread." — Thomas Keller

Flavour Profile

Primary Taste

Strong herbal with slight minty peppery taste

Secondary Notes

Woody and earthy

Texture

Mouthfeel

Soft and delicate

Intensity

Medium to strong, concentrated flavour

Aroma

Scent Profile

Herbal with minty notes

Aromatic Pairings

Black pepper, garlic, lemon zest

Culinary Pairings

Protein

Lamb, chicken, beef

Fruit

Pears, apples, figs, citrus

Vegetables

Potatoes, carrots, eggplant

Dairy

Brie, goat cheese, butter

Grains

Polenta, wild rice, farro

Chefs tips and tricks

Thyme microgreens also pair well with citrus-based dishes or seafood, where their subtle lemony notes can enhance the brightness of the dish

Wasabi

EVERYDAY MICROS FARM



"Wasabi's heat is unique—it's a quick, clean burst. Pair it with delicate fish or even in unexpected places, like vinaigrettes."
— Nobu Matsuhisa

Flavour Profile

Primary Taste

Pungent and sharp

Secondary Notes

Horseradish-like heat

Texture

Mouthfeel

Crisp, refreshing, clean

Intensity

High providing potent spicy punch

Aroma

Scent Profile

Sharp and spicy

Aromatic Pairings

Soy sauce, ginger, sesame, green onions

Culinary Pairings

Protein

Tuna, salmon, beef, tofu

Fruit

Mango, avocado, lime, apple

Vegetables

Cucumber, radishes, snap peas

Dairy

Sour cream, butter

Grains

Rice, soba noodles

Chefs tips and tricks

Wasabi microgreens have a sharp, sinus-clearing heat, similar to fresh wasabi or horseradish, with a bright, grassy finish. Use them sparingly to add a punch of heat to sushi, sashimi, or seafood dishes.

Pairing Guide

How to use micro flowers



Alyssum

EVERYDAY MICROS FARM



"Tiny blossoms like alyssum can create a whisper of sweetness on the palate, a final note to a savoury symphony."
– @cheffloraart

Flavour Profile

Primary Taste

Mildly sweet, honey-like essence

Secondary Notes

hint of earthiness

Texture

Mouthfeel

Tender and delicate

Intensity

Subtle gentle flavour

Aroma

Scent Profile

Sweet and floral

Aromatic Pairings

Thyme, lemon verbena, citrus, vanilla

Culinary Pairings

Protein

White fish, shellfish, chicken, tofu

Fruit

Strawberries, apricots, peaches, citrus

Vegetables

Asparagus, fennel, baby carrots

Dairy

Marscarpone, ricotta, creme fraiche

Grains

Jasmine rice, polenta

Chefs tips and tricks

Their subtle sweetness pairs beautifully with citrus-based desserts such as lemon tarts or sorbets, where they add a floral, aromatic touch. As a garnish, they can be used to enhance the visual appeal of appetizers like bruschetta or tartines.

Calendula

EVERYDAY MICROS FARM



"Calendula's bright, peppery undertones are the sun in your dish. Use it to brighten up flavours and plates alike."
– Alice Waters

Flavour Profile

Primary Taste

Slightly bitter, tangy
citrus undertone

Secondary Notes

hint of earthiness

Texture

Mouthfeel

Chewy, pleasant firmness

Intensity

Medium, noticeable but
balanced flavour

Aroma

Scent Profile

Mild, slightly citrusy

Aromatic Pairings

lemon zest, garlic, black
pepper

Culinary Pairings

Protein

Lamb, pork, duck, tofu

Fruit

Oranges, pomegranates,
cherries, figs

Vegetables

Beets, artichokes, cherry
tomatoes

Dairy

Feta, goat cheese, yogurt

Grains

Wild rice

Chefs tips and tricks

They also work well in compound butters, sauces, or as a garnish for grilled fish or poultry. Lightly fry the petals as a crispy garnish to add texture to dishes like fish tacos or roasted vegetables.

Cornflower

EVERYDAY MICROS FARM



"Cornflowers bring a burst of colour and a grassy freshness. They're the gentle exclamation point to a well-crafted dish."

– René Redzepi

Flavour Profile

Primary Taste

Mildly sweet, subtly grassy undertone

Secondary Notes

Slightly earthy

Texture

Mouthfeel

Light and delicate

Intensity

Light and subtle

Aroma

Scent Profile

Fresh and green

Aromatic Pairings

Mint, vanilla, citrus and almond extract

Culinary Pairings

Protein

Chicken, eggs, shellfish, white fish

Fruit

Blueberries, pears, peaches, apricots

Vegetables

Cucumber, fennel, carrots

Dairy

Marscarpone, ricotta

Grains

Quinoa, puff pastry

Chefs tips and tricks

Cornflowers have a mild, slightly sweet, clove-like flavor, making them a versatile garnish for both sweet and savory dishes. They're often used to add vibrant blue color to plates, especially desserts like cakes, tarts, or cheesecakes.

Dill Flower

EVERYDAY MICROS FARM



"Dill flowers aren't just garnish. They're a fragrance, a memory of freshness in a summer garden, perfect for light seafood and salads."
– Marcus Samuelsson

Flavour Profile

Primary Taste

Mildly sweet and bright citrusy note

Secondary Notes

Anise-like undertone

Texture

Mouthfeel

Tender and delicate

Intensity

Medium fresh clean flavour

Aroma

Scent Profile

Fresh

Aromatic Pairings

Chervil, tarragon, mint and fennel seed

Culinary Pairings

Protein

Salmon, shrimp, chicken and eggs

Fruit

Lemon, green apple, grapefruit

Vegetables

Potatoes, cucumbers, asparagus

Dairy

Crème fraîche, feta

Grains

Barley, quinoa and rye

Chefs tips and tricks

Dill flowers have a bright, anise-like flavor similar to dill leaves but with a more intense, concentrated aroma. Use them to garnish seafood dishes like gravlax, smoked salmon, or scallops, where their herbaceous, anise notes elevate the dish.

Lavender

EVERYDAY MICROS FARM



"Lavender requires restraint. Too much, and you're in a perfume shop. Just enough, and it'll transport your dish to Provence."

– Raymond Blanc

Flavour Profile

Primary Taste

Lightly sweet floral note

Secondary Notes

Woody, hint of mint

Texture

Mouthfeel

Delicate airy bite

Intensity

Medium distinct floral flavour

Aroma

Scent Profile

Strongly aromatic

Aromatic Pairings

Honey, lemon zest, thyme

Culinary Pairings

Protein

Duck, lamb, pork, chicken

Fruit

Blueberries, peaches, lemon and figs

Vegetables

Fennel, carrots, eggplant

Dairy

Cream, goat cheese, ricotta, brie

Grains

Shortbread, polenta

Chefs tips and tricks

Pair lavender with rich flavors like vanilla, honey, or chocolate in desserts such as panna cotta, shortbread, or custards. Lavender can also be infused into syrups for cocktails or teas, adding a floral, aromatic quality. In savory dishes, lavender works beautifully with lamb or poultry, where its floral sweetness can offset the richness of the meat.

Marigold

EVERYDAY MICROS FARM



"Marigold petals are more than decoration—they carry a citrusy tang that can turn a salad or dessert into something memorable." – @herbkingdom

Flavour Profile

Primary Taste

Citrus and tangy

Secondary Notes

Hint of spice

Texture

Mouthfeel

Velvety slight chew

Intensity

Medium and balanced

Aroma

Scent Profile

Fresh and herbaceous

Aromatic Pairings

Basil, mint, chives and ginger

Culinary Pairings

Protein

Chicken, shrimp, scallops

Fruit

Oranges, mangoes, lime, berries

Vegetables

Zucchini, bell peppers and tomatoes

Dairy

Yogurt and sour cream

Grains

Wild rice, couscous

Chefs tips and tricks

Marigold petals, often referred to as 'poor man's saffron,' have a citrusy, slightly bitter flavour. They're perfect for garnishing both savory and sweet dishes, adding vibrant colour and a citrus tang.

Pom Poms (Amaranth)

EVERYDAY MICROS FARM



"It is an unexpected burst of texture and subtlety. Its role is to surprise, not overpower."
– @seasonalflorist

Flavour Profile

Primary Taste

Mild grassy

Secondary Notes

Slightly sweet

Texture

Mouthfeel

Firm yet delicate

Intensity

Light

Aroma

Scent Profile

Fresh

Aromatic Pairings

Chervil, lavender, green tea

Culinary Pairings

Protein

White fish, chicken, tofu, duck

Fruit

Pomegranate, strawberries, kiwi

Vegetables

Green beans

Dairy

Ricotta, mascarpone, mozzarella

Grains

Jasmine rice

Chefs tips and tricks

Their resilience means they hold up well as garnishes for hot dishes like soups or roasted vegetables. Gomphrena's bright magenta hue adds a bold visual element, perfect for elevating the presentation of elegant dishes like amuse-bouches or hors d'oeuvres

Sage Flower

EVERYDAY MICROS FARM



"Sage flowers bring a light herbal note that is miles away from the intensity of the leaves. Use them to garnish roasted meats or fresh pasta."

– Yotam Ottolenghi

Flavour Profile

Primary Taste

Lightly sweet

Secondary Notes

Hint of mint and earthiness

Texture

Mouthfeel

Soft and delicate, dissolves easily

Intensity

Medium, noticeable but not overpowering

Aroma

Scent Profile

Sweet and floral

Aromatic Pairings

Rosemary, thyme, lemon and honey

Culinary Pairings

Protein

Pork, lamb, duck, chicken

Fruit

Cranberries, pears, apples

Vegetables

Butternut squash, sweet potatoes, brussels sprouts

Dairy

Butter, goat cheese, blue cheese, cream

Grains

Gnocchi

Chefs tips and tricks

Fry sage flowers lightly in butter to enhance their flavor and use the infused butter for drizzling over roasted squash or ravioli.

Viola

EVERYDAY MICROS FARM



“Violas are delicate, both in flavour and form. They add elegance and a gentle floral sweetness to any dish—perfect for those finishing touches.”
– @finediningchef

Flavour Profile

Primary Taste

Mildly sweet

Secondary Notes

Grassy undertone

Texture

Mouthfeel

Soft delicate bite

Intensity

Medium light flavour

Aroma

Scent Profile

Lightly floral

Aromatic Pairings

Rosewater, vanilla, lemon balm

Culinary Pairings

Protein

Light fish, quail, chicken

Fruit

Strawberries, raspberries, peaches, blueberries

Vegetables

Asparagus, peas

Dairy

Marscarpone, ricotta, creme fraiche

Grains

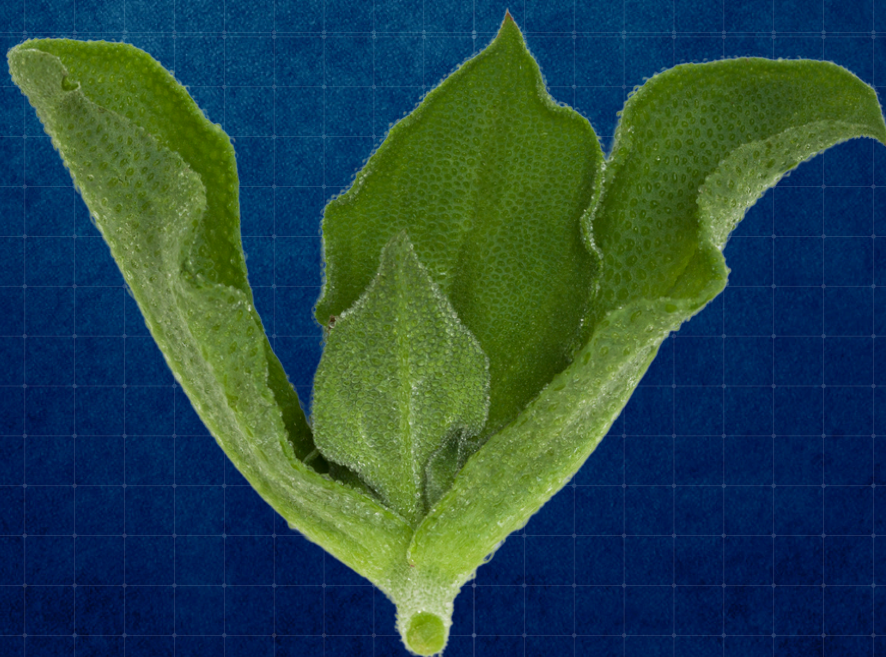
Quinoa, rice

Chefs tips and tricks

In savory dishes, violas pair well with cheese, adding a floral elegance to cheese boards or goat cheese crostinis. Because of their bright colors, violas are also perfect for garnishing cocktails or iced teas, adding visual appeal without overpowering the flavors

Pairing Guide

How to use leaves



Ice Plant

EVERYDAY MICROS FARM



"The texture of ice plant is like biting into a fresh ocean breeze—crisp, salty, and full of surprises. Perfect for dishes that need that pop of moisture and minerality."
– Grant Achatz

Flavour Profile

Primary Taste

Mild cucumber

Secondary Notes

Hint of salt

Texture

Mouthfeel

Crisp with juicy succulent texture

Intensity

Light to medium, refreshing burst of flavour

Aroma

Scent Profile

Fresh and clean

Aromatic Pairings

Mint and Lemon

Culinary Pairings

Protein

Oyster, scallops, white fish, chicken, tofu

Fruit

Grapefruit, green apple, melon

Vegetables

Cucumber, radish, tomato

Dairy

Goat cheese, creme fraiche

Grains

Quinoa

Chefs tips and tricks

Ice plant's unusual appearance makes it an excellent choice for avant-garde plating. Ice plant's naturally salty profile also works well in dishes that benefit from light salinity, such as shellfish, where it enhances the oceanic notes of the seafood.

Shamrock Purple

EVERYDAY MICROS FARM



"Oxalis brings a bright, tangy acidity, almost like a natural vinaigrette in leaf form. It's an ingredient that can redefine a dish's balance."
– Daniel Humm

Flavour Profile

Primary Taste

Bright cMild onion, reminiscent of scallions

Secondary Notes

hint of garlic

Texture

Mouthfeel

Crisp and tender delicate structure

Intensity

Light to medium onion flavour

Aroma

Scent Profile

Onion

Aromatic Pairings

Bay leaf, rosemary, thyme

Culinary Pairings

Protein

Chicken, eggs, shellfish, white fish

Fruit

Apples, pears, figs

Vegetables

Potatoes, asparagus, mushroom, spinach

Dairy

Goat cheese, gruyere, cream

Grains

Barely, quinoa, farro

Chefs tips and tricks

When working with oxalis, treat it like a burst of acidity. Add it sparingly as a garnish on creamy dishes like burrata or goat cheese, where its tangy bite will provide contrast without overwhelming the dish.

Shiso Purple

EVERYDAY MICROS FARM



"Purple shiso is bold, with a minty yet almost anise-like complexity. It bridges the gap between East and West in a way no other herb can." – David Chang

Flavour Profile

Primary Taste

Spicy, minty

Secondary Notes

Citrusy peppery undertone

Texture

Mouthfeel

Soft and refreshing

Intensity

Strong, bold aromatic flavour

Aroma

Scent Profile

Citrusy

Aromatic Pairings

Ginger, thai basil, garlic

Culinary Pairings

Protein

Sashimi, beef, pork, tofu, duck

Fruit

Mango, yuzu, lime, plum

Vegetables

Eggplant, cucumber

Dairy

Yogurt, feta

Grains

Sushi rice, soba noodles

Chefs tips and tricks

For a creative garnish, chiffonade the leaves and sprinkle them on top of grilled fish or salads to add a burst of flavor and color. It can also be steeped into a simple syrup to create a stunning purple hue for cocktails, lending its unique aromatic profile to beverages.

Sorrel

EVERYDAY MICROS FARM



"Sorrel is the king of acidity in the greens world. That citrus punch can cut through the richness of butter or cream like nothing else."
– Alain Passard

Flavour Profile

Primary Taste

Tart, lemony, sharp acidity

Secondary Notes

hint of bitterness

Texture

Mouthfeel

Soft and crisp palate cleansing effect

Intensity

Strong, pronounced tanginess

Aroma

Scent Profile

Bright and lemon

Aromatic Pairings

Garlic, onion, dill

Culinary Pairings

Protein

Salmon, chicken, veal, eggs

Fruit

Apples, strawberries, raspberries, citrus

Vegetables

Potatoes, asparagus, peas, beets

Dairy

Crème fraîche, yogurt, sour cream

Grains

Barley

Chefs tips and tricks

When working with sorrel, use it like a squeeze of lemon—sparingly but intentionally. A small amount can add a powerful burst of flavor to a dish. Add it fresh as a garnish right before serving to retain its bright, citrusy taste, or incorporate it into a beurre blanc sauce for a tangy twist.

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Finishing Touches

Creative Plating & Garnishing



Tips and Tricks for Creative Plating and Garnishing

1. Balance and Harmony in Design

When plating a dish, it's crucial to think of the plate as a canvas. The goal is to create a balanced and harmonious presentation where every element contributes to the overall experience. Imagine pairing the tartness of sorrel with the earthy undertones of beets in a vibrant salad; the key is to ensure that the colors, textures, and flavors are in harmony. Place your ingredients in a way that leads the diner's eye across the plate, creating a visual journey that matches the taste experience.

Tip: When using vibrant ingredients like ruby stem radish microgreens or sunflower microgreens, **consider contrasting their colors against a neutral background**, such as a white plate or a minimalist setting. This contrast not only enhances the visual appeal but also highlights the freshness and vitality of the ingredients.

2. Height and Layering

Incorporating height into your plating adds visual interest and sophistication. Layering ingredients thoughtfully, like stacking slices of perfectly cooked veal with a layer of tart sorrel and a sprinkle of crisp ice plant, can create a multi-dimensional dish that engages both the eye and the palate. Height can also emphasize the texture; for example, use a ring mold to build layers of quinoa, topped with a soft poached egg, garnished with delicate leek microgreens.

Tip: When layering, think about how each bite will taste. Consider a dish featuring a base of creamy mashed potatoes topped with seared scallops, accented with fresh shiso leaves and a sprinkle of aromatic lavender flowers. The goal is to ensure that the textures and flavors build upon each other, creating a complete and satisfying bite.

3.Using Garnishes as a Flavour Element

Garnishes should never be an afterthought; they should contribute to the overall flavor of the dish. For example, using dill flowers as a garnish on a citrus-cured salmon dish not only adds visual beauty but also reinforces the dish's flavor profile with its anise-like notes. Similarly, a sprinkle of mustard microgreens can add a spicy kick to a dish that needs a bit of heat, such as a beef tartare or a grilled steak.

Tip: Consider using edible flowers like alyssum or pom pom amaranth to add subtle flavour notes and enhance the visual appeal of desserts or delicate starters. For example, use alyssum to garnish a panna cotta infused with lemon basil, adding a hint of sweetness and a pop of color.

4.Texture as a Visual and Palate Component

Textures are just as important visually as they are to the palate. Play with different textures to create a dynamic dish that keeps the diner engaged. Imagine a dish that combines the crispiness of fried leeks with the smoothness of a velvety soup, garnished with soft pea tendrils to add a fresh contrast. The combination of different textures can elevate a dish from simple to extraordinary.

Tip: When working with crisp ingredients like ice plant or sunflower microgreens, contrast them with creamy or silky elements, such as a rich crème fraîche or a buttery sauce. This interplay of textures not only adds depth to the dish but also creates a more complex and enjoyable eating experience.

5.Colour Theory in Plating

Colour is one of the first things diners notice, and it can set the tone for the entire dining experience. Use a variety of colours to create a visually striking dish, but be mindful of how those colours interact. For example, the bright green of Korean mint against the deep purple of purple basil can create a vibrant, eye-catching contrast. The key is to use colour to guide the diner's eye and highlight the dish's focal points.

Tip: When using vibrant ingredients like borage or marigold flowers, pair them with more neutral-toned ingredients like potatoes or pasta to make the colours pop. This technique not only enhances the dish's visual appeal but also signals to the diner where the flavour focus lies.

6.Minimalism and Restraint

Sometimes, less is more. A minimalist approach to plating can allow the quality of each ingredient to shine. For instance, a simple arrangement of fava beans, drizzled with a light vinaigrette and garnished with a single shiso leaf, can be more impactful than a crowded plate. The key is to let the natural beauty of each ingredient speak for itself.

Tip: When using bold flavours like those found in wasabi microgreens or mustard microgreens, consider using them sparingly as a finishing touch. A few well-placed microgreens can add a burst of flavor without overwhelming the dish, demonstrating a sophisticated understanding of balance and restraint.

7.Precision and Attention to Detail

Precision in plating is a hallmark of a seasoned chef. Every element on the plate should have a purpose and be placed with intention. This attention to detail is what sets a well-plated dish apart from the rest. For example, carefully placing each piece of confetti cilantro on a dish can create a beautiful pattern that enhances both the visual and taste experience.

Tip: When garnishing with delicate ingredients like thyme or lavender flowers, use precision tweezers to place each element exactly where you want it. This level of detail not only demonstrates skill but also ensures that each bite is perfectly balanced.

8. Highlighting Seasonality

Seasonality is key to creating dishes that resonate with freshness and relevance. Highlighting seasonal ingredients, like the use of marigold in a summer salad or the incorporation of mustard microgreens in a winter root vegetable dish, can create a connection between the diner and the time of year. This approach not only enhances the flavour of the dish but also adds a narrative that diners can appreciate.

Tip: Consider using seasonal flowers like viola in the spring or sage flowers in the fall to enhance the seasonal theme of your dish. This not only adds a touch of elegance but also reinforces the connection to the ingredients' natural growing cycles.

9. Experimenting with Aromatics

Aromatics can elevate a dish from good to unforgettable. Incorporating elements like lavender flowers, dill flowers, or even the scent of freshly cut shiso can create an immersive dining experience. The key is to use these elements judiciously, allowing the scent to complement the flavors without overpowering them.

Tip: For a dramatic presentation, consider placing a cloche over a plated dish and infusing the inside with a subtle aromatic like lemon basil. When the cloche is lifted at the table, the diner is greeted with a waft of fresh, fragrant aroma that sets the stage for the meal.

10. Personal Touch and Signature Style

Finally, always add a personal touch or signature element to your plating and garnishing. This could be a particular way you arrange microgreens or a unique combination of edible flowers and herbs that becomes your trademark. For instance, consistently using sunflower microgreens in your dishes might become a recognizable aspect of your style, signaling your creative approach and attention to detail.

Tip: Develop a signature garnish that ties together your dishes—perhaps a delicate combination of marigold petals, lemon basil, and confetti cilantro that adds a burst of color and flavor. This consistent element can help define your culinary identity and leave a lasting impression on your diners.





Commitment to you

Farm to Table Philosophy



About Everyday Micros Farm



In the world of food, where the smallest detail can make the biggest difference, we're the ones who obsess over the tiny things. We're Everyday Micros, a vertical farm in the Toronto area dedicated to growing the freshest microgreens, herbs, and edible flowers for the culinary maestros of Toronto and Hamilton.

We know that every dish tells a story, and every chef is an artist. Our job is to provide the colors, the nuances, the accents that turn a good dish into an unforgettable experience. We grow our greens with the same passion and precision that you put into your cooking. Each leaf, each petal, is a testament to the dedication we share with you – the relentless pursuit of culinary perfection.

At Everyday Micros Farm, we don't just supply ingredients, we collaborate. We understand the grind, the late nights, the relentless quest for something extraordinary. That's why we work directly with chefs, tailoring our offerings to fit your vision, to help you push boundaries and create magic.

So here's to the chefs, the dreamers, the rebels of the kitchen. With our microgreens, herbs, and edible flowers, your creations won't just be dishes; they'll be masterpieces.

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