

URBAN FARMERS GROW BIG FLAVOUR IN MICROGREENS

BRYAN MYERS
bmyers@metroland.com

Halton Hills residents looking to get a full-sized nutrient boost may find their fix in the form of locally-grown microgreens.

Georgetown residents Marcin and Dina Zalewski — founders of Little Green Acres — are offering microgreens from their urban farm for sale.

Originally, the couple started growing the tiny greens for themselves.

"We're very health-conscious," said Marcin. "We're both vegans."

A microgreen is somewhere between a sprout and a full-grown vegetable, often offering significantly more vitamins and minerals by concentration to their fully-grown form.

The Zalewskis grow a range of microgreens, including radish,

peas, broccoli, sunflower and wheat grass.

"They taste almost like their fully-grown version as well," said Marcin.

"Our daughter — she's five — loves to eat the peas and sunflowers on their own. They taste so good."

Pea microgreens taste like sugar snap peas, radish microgreens like radish, and the Zalewskis said a variety of wasabi mustard microgreen even has a spicy kick.

Though, a lot of people may incorporate microgreens into their salads or juices.

Microgreens are often a coveted ingredient for high-end dining.

"We gave out free samples to a bunch of restaurants," Marcin said.

It didn't long for local higher-end dining establishments to

start placing orders.

"If you go to some of the nicer restaurants in town — you'll definitely see our microgreens," said Marcin.

Microgreens can take anywhere from eight days, like radish, to 45 days, like basil, to mature. Most, Zalewski said, take about two weeks.

"People might think a microgreen is a microgreen, but that's not true," said Marcin.

Zalewski said all microgreens grown are from certified organic seeds, planted in organic soil, and watered using 10-stage reverse osmosis water.

"We're a small urban farm," said Marcin, "but we're keen on quality."

Little Green Acres prices microgreens starting at \$2.50 per ounce.

Shipping to Georgetown and surrounding areas are free with a minimum purchase of \$15.

Microgreens are grown to order so shipments can take eight to 14 days.

More information about microgreens and Little Green Acres is available at www.littlegreenacres.ca.



Marcin Zalewski photo

Dina Zalewski, who founded Little Green Acres with her husband Marcin. The Zalewskis grow organic microgreens, which are highly nutritious and flavourful.



What if Facebook and Google stopped sharing news entirely?

Google and Facebook are using their power to scoop up 80% of online revenue generated by hardworking journalists and publishers across Canada. Other governments are standing up to the web giants and protecting local news in their countries. Parliament needs to act on their commitment to protect the future of your local news. Learn more at

levellingthedigitalplayingfield.ca

 News Media Canada
Médias d'Info Canada

SAVE 46 % OFF THE NEWSSTAND RATE



Get the Toronto Star weekend home delivery for just

\$3⁹⁹* A WEEK FOR 12 MONTHS

YOU'LL GET:

- Saturday and Sunday home delivery
- Starweek Magazine print edition
- Complimentary 7-day ePaper edition
- Complimentary 7-day access to thestar.com website

SUBSCRIBE ONLINE: thestar.com/2daysave
OR CALL: **416-367-4500** and quote code **2DAYSAVE**
for weekend home delivery for 12 months

TORONTO STAR

*Plus HST. This introductory offer is not available to existing Toronto Star subscribers. Save 46% off the newsstand rate for Saturday and Sunday delivery. This offer includes Starweek Magazine. The New York Times International Weekly or Book Review sections are not included. This offer is for a 12-month term and includes complimentary access to thestar.com and the Toronto Star ePaper edition. Complimentary access is available to Toronto Star home-delivery subscribers with an active account in good standing. If you choose to cancel your print account, or your subscription is in arrears, your access to thestar.com and the ePaper edition will be discontinued. The Toronto Star reserves the right to discontinue this offer at any time. Toronto Star delivery will continue after the 12-month introductory period at the regular home-delivery rate then in effect. This offer is a fixed subscription term. If you cancel prior to the end of the term, you will be charged an early cancellation fee equal to amounts otherwise payable for the remainder of the term, plus applicable taxes. The cancellation fee will be charged using the billing method we have on file at the time of cancellation. Please contact customer service at 416-367-4500 to get the regular rate for your area. Payment must be made by credit card only. Credit card payments will be billed monthly. View our subscriber agreement terms at www.thestar.com/agreement. Toronto Star is committed to protecting your personal information. View our privacy policy at www.thestar.com/privacy. Offer expires May 1, 2021.