



How to Grow Microgreens

Prepare Container

- 1) Place potting or seed-starting soil about 1” deep in clean container and stir in water.

The goal is to use enough water to saturate the potting soil but not to use so much that the water puddles on top of the soil. You may use a tray or a recycled produce container for planting.

Don't pack down. Fill to rim with soil to make harvesting easier.



Sow Seeds

- 2) Sow the microgreens seeds.(*Follow package directions*). Lay seeds evenly & thinly upon soil. Press seeds into soil but do not cover with soil.

I use an old spice jar for sowing seeds.

- 3) Label seeds with marker—place in soil next to seeds.
- 4) Cover each flat with plastic wrap to maintain humidity; remove at the first sign of germination.
Seeds will germinate in daylight or darkness.



Light Needs

- 5) Once germinated, microgreens need light—10 hours of light and 6 hours of darkness each day.If they do not get enough light, will become leggy, tough & bitter.
Place on a south-facing window or use a grow light. I set my seeds under a grow light on timer for 12 hours on and 12 hours off.

Watering

- 6) Check seeds every day.

Mist them daily to keep the soil moist but not wet.

Use a spray bottle or fine mister.

Harvesting

- 7) While growth timelines may vary, many microgreens are ready to harvest in 7 days!
Cut them at soil level with a pair of sharp kitchen scissors
- 8) Recycle the used soil with the spent roots in your garden or composter.



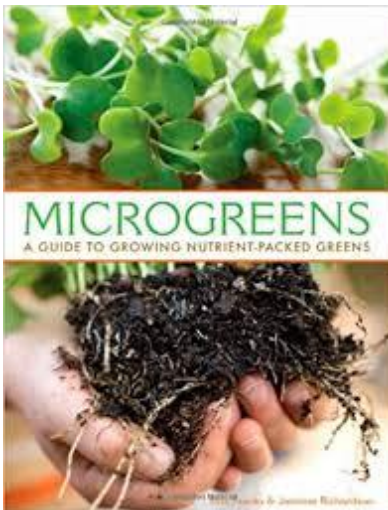


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Suggested Reading:



Microgreen Garden: Indoor Grower's Guide to Gourmet Greens
by Mark Matthew Braunstein



Microgreens: A Guide to Growing Nutrient-Packed Greens
by Eric Franks and Jasmine Richardson

Seed Sources:

- Dumont Seeds, 619 30th St NW, Canton, 44709
- www.johnnyseeds.com
- www.edenbrothers.com