

6 STEPS TO GROWING MICROGREENS

1

CHOOSE A CONTAINER & GROWING MEDIUM

A growing tray or recycled container (with drainage holes) will do. Try to find something shallow and wide (microgreens don't need much soil, an inch or so is plenty.) Any sterile potting mix will do, or you can use a biodegradable mat made from hemp.



2

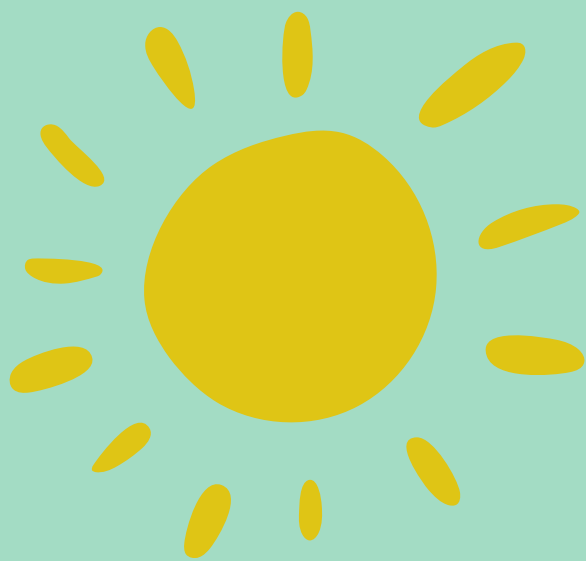
SOW THE SEEDS

Some large seeds (like peas) need a soak for about 12 hours before sowing, but most seeds can be sown directly from the package. Simply dampen the soil or growing mat and fill evenly with seeds (spaced closely together, but not on top of one another.) Covering with a dome or plastic wrap will help keep the seeds moist.

3

FIND A DARK SPOT

Cover the seeds with another tray or find a dark cabinet for the seeds until they start to germinate (3-4 days). Check the seeds daily to see if they need any moisture, add water if needed.



4

FIND A BRIGHT SPOT

Once the seeds have germinated (sprouted), they need a lot of light! This can be a sunny window, a regular lamp, or even grow lights made specifically for plants.

5

HARVEST

Once the leaves open up and are nice and green, grab some scissors and cut from the base. Depending on the seed variety, this can take 1-3 weeks.



6

ENJOY!

Microgreens are tasty in salads, recipes, or on their own, and can also be used in smoothies and other recipes to provide vitamins and antioxidants.