

Recipe for How to Grow Microgreens

Tools & Supplies

- Containers (with holes for bottom watering) to hold soil
- Trays to hold containers to hold water when watering
- Soil
- Seeds
- Measuring spoon
- Mister (optional)

Before you begin

1. Prepare seeds, if necessary, by pre-sprouting large seeds (e.g. sunflowers, peas, mung beans).
2. Prepare soil mix by soaking until evenly moist the night before you begin.
3. Gather necessary supplies and tools.

To Plant Microgreens

1. Prepare containers: Put 1" of moist soil mix into trays and tamp down until even and flat.
2. Scatter seed on surface of soil. Tamp down evenly to make good contact with soil.
3. Cover to keep out light.
4. Check every morning.

To Check Microgreens for Sprouting

1. Each morning, check moisture levels and sprouting condition. Touch the soil with your finger to determine moisture if you can't see by observation.
 - a. If seedlings have not emerged, spritz with water and recover.
 - b. If seedlings have emerged, uncover, place in light and begin bottom watering.
2. Each morning once emerged, give a drink of water from the bottom by pouring water in to the tray and letting the container of sprouts soak up the water. If water still puddles after an hour, dump off excess water.
3. Grow until ready to harvest.

To Harvest

1. Clip and eat. No need to rinse if you clip carefully.