

# Microgreens: Updated Method

## Tools & Supplies

- (2) 1020 Trays (*recommend [Heavy Duty Extra Strength BootStrap Farmer](#)*)
- 5x5 Insert Grow Trays with holes for bottom watering to hold soil (*[Bootstrap Farmer](#)*)
- 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. Put no more than ½" of moist soil mix into 5x5" trays and tamp down until even and flat.
2. Sprinkle seed on surface of soil: A generous teaspoon – you want a single layer, very close together, almost touching.
3. Tamp the seeds down so they have good surface contact with the soil.
4. Spray mist water on the seeds to get them off to a good start.
5. Place the 5x5" tray in the 1020 tray.
6. Cover the tray with an upside-down 1020 tray and put in a dark place for 4 days.
7. Check every morning.
8. When the sprouts are at least 1" tall and look pale, remove the cover and place the tray in the light. *A bright window works well.*
9. Bottom water as needed while the sprouts continue growing. *Don't let the soil dry out.*
10. Clip and eat at the desired height.



## To Harvest

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

\*THIS UPDATED METHOD IS BASED ON [YEAR ROUND INDOOR SALAD GARDENING](#) BY PETER BURKE