

MICROGREENS

Planting:

Fill a tray with 1-2" of growing media such as vermiculite or a quality seed starting mix. For a no-mess option, plant seed on a hydroponic grow pad. Moisten media. Spread seeds evenly over the surface. Lightly cover the seeds with growing media. Mist with a spray bottle. Cover the growing tray with a plastic dome or another tray to retain moisture. (Microgreens do not need light while germinating but will need light once seedlings emerge.)

Care:

Keep seeds moist, but not wet, and remove the plastic covering as soon as seedlings emerge. Set tray near a sunny window or under grow lights.

Harvest:

Microgreens are ready to harvest when they have two leaves at the top of their stems. Harvest as required, cutting the stems about 1/4 to 1/2 inch above the rooting surface. Microgreens are eaten as young seedlings, when they are full of flavor and high in nutrients. They are quick and easy to grow. You can grow fresh microgreens all year round indoors.