

Large Seeds- Peas, buckwheat, sunflower

1. Congratulations on becoming a microgreen farmer! Be sure to read all directions before beginning.
2. Growing microgreens is easy and fun for children and adults alike. Before you begin, choose a place to work that will be safe from water spills. **Growing these microgreens requires a soaking period, so be sure to plan ahead!**
3. Place a baggie of seeds into a large cup and fill with cool water. There should be at least 3 times the amount of water as there are seeds, by volume. Soak for 6-8 hours.
Tip: Keep out of sun
4. After the soaking period pour out the water and rinse the seeds
5. Place the soil disc (or baggie of coco coir) in a cup and add exactly 1/3 cup water. Watch it as it expands to a full cup of soil!
6. Place one of your trays on a deep plate, large bowl, or other container to protect the table and allow watering. This tray will be your grow tray.
7. Pour the moistened soil into the grow tray and gently pat it level so that it evenly covers the bottom of the tray
8. Spread the soaked seeds evenly over the soil. Use the entire packet of seeds for your planting tray..
9. Cover the tray with the second tray.
10. Put a weight inside the cover tray- a can of beans, a fist sized rock, or a glass of water will all work.
11. For the next 3 days, the seeds will grow and develop. Lift the lid each day to watch the seeds develop. After three days, you will notice the seeds begin to lift their heads. It's time to remove the weight and cover and let the microgreens see the light. 😊

12. Move your grow tray into an area with bright light but not in sun for another 24 hours. As soon as they begin to turn green, they can be placed in a sunny window. If you do not have a sunny window, give your growing microgreens the brightest light you have available.
13. Keep your microgreens watered and in an area with good air flow. To water the developing microgreens, pour ½ cup of water in plate or container that your grow tray is sitting in. This is called bottom watering. Although these larger seeds may be top watered, it is best to get in the habit of bottom watering all microgreens.
14. Begin tasting your microgreens as soon as they have opened to discover the different taste as they grow. They are ready to harvest any time they have grown high enough to cut. Using sharp scissors cut the microgreens a little above the soil level. You can harvest them all at once or cut a few as you need them.
TIP: The soil and roots can be added to your compost. DO NOT REUSE THE SOIL.

Do NOT discard the trays. Wash them carefully in soapy water, rinsing thoroughly before using them for the next batch of microgreens.

You will receive a voucher for a refill batch of seeds/soil at the end of the class. You will use these same trays for each refill. They will last you for many crops if handled carefully.

Do not reuse the soil- add them to the compost, dump it outside in a pot, or discard it.

Broccoli, radish, and other small seeds

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15. DO NOT SOAK THESE SEEDS before planting!!

16. Follow the same directions as the large seeds with the exception of the soaking.
17. When your microgreens are about 2-4 inches high they are ready to begin harvesting. Using sharp scissors cut the Microgreens a little above the soil level. You can harvest them all at once or cut them as you need them. These Microgreens will continue to grow taller for many weeks. After they begin to show true leaves, they are no longer microgreens, but baby greens- but still very tasty and nutritious. Once you cut them, they will no longer grow and it is time to start a new batch.

Store your harvested greens unwashed and covered in the refrigerator. Add them to a salad, top a sandwich with them, use them for extra flavor and nutrition on pizza, in soup or on top of pasta. Be sure to check out the many yummy recipe ideas on our Pinterest page:
The Mighty Microgreen

IMPORTANT NOTE: When you first uncover your seeds, you may see what looks like mold coming from the roots. This is NOT MOLD! These are tiny root hairs that are vital to the plants to absorb nutrients and water. Root hairs come from the roots, mold is usually spidery and sits on the soil or covers the seeds- not the roots.



For additional directions, step-by-step videos, answered questions, and advice 6 days a week, please join the Facebook group: The Microgreen Hub