

MICROGREENS GARDEN

Name:

Growing Soil Based Microgreens

1. Fill the cup with draining holes with about 5 cm (2 inches) of potting soil. Loosely fill up the container, then tap it onto the table. Using thumbs gently press soil down uniformly.
2. Uniformly scatter seeds over the soil, save unused seeds.
3. Gently press seeds into the soil, use thumbs or a piece of wood.
4. Place one cup upright on top of seeds, and secure it with rubber bands, in a cross pattern.
5. Fill the left cup with 1 cm of water and sit the planted cup on it.
6. Write crop name and date on a piece of masking tape. Attach the label to the watering cup.
7. At home, place microgreen containers in a dark, warm and air flowing place for 4-5 days. Check seeds development daily.
8. After 5-6 days, seeds would have germinated and started to push the upper cup. Then remove the cup and move planted cups into direct sunlight (window sill) or under grow lights for 16 hours a day. Place light about 2 inches above the tops of leaves to prevent plants from growing spindly.
9. Fill the watering cup with water every 2 to 3 days. Ensure the soil is moist, not wet. Watering from below prevents disturbing growing seeds.
10. Continue taking care of microgreens for 10-14 days, or until harvest day.
11. Microgreens are ready to harvest when plants have between two to four sets of true leaves, or about 5 cm (2 inches) tall.
12. Harvest microgreens by cutting them off at the surface of the soil.
13. After harvesting, toss roots and soil into the compost bin.
14. Wash cups with soap and start the next crop.

MICROGREENS GARDEN

Name: _____

Seeds for Microgreens

Amaranth	Buckwheat	Cilantro	Fenugreek	Mustard	Pea	Spinach
Arugula	Cabbage	Clover	Flax	Nasturtium	English pea	Sunflower
Basil	Celery	Collard	Kale	Onion	Sugar snap	Swiss chard
Beet	Chia	Cress	Kohlrabi	Orach	Popcorn	Turnip
Broccoli	Chives	Fennel	Mizuna	Parsley	Radish	

Resources

Seeds: Garden Works, West Coast Seeds (westcoastseeds.com)

Potting Soil: Homedepot, Rona, CanadianTire and Garden Centers.

Trays: Garden Centers, Dollar Stores.

Grow Lights: Garden Centers, Jons Plant Factory (jonsplantfactory.com)