

# Growing Microgreens

## GROWING MICROGREENS (IN POTTING SOIL)

1. **Presoak seeds if needed.** 8-24 hours. Best for large seeds like sunflower, buckwheat, peas, beet & cilantro benefit for even germination.
2. **Prepare the trays.** Hydrate potting soil and then add 2-inches of potting mix to the container.
3. **Spread seeds.** Spread seeds evenly across the tray. (Large seeds will be almost touching.)
4. **Water & cover.** Press the seeds to make good contact with the soil. Keep the potting soil moist by putting the container in a plastic bag or cover with a lid.
5. **Use bright to medium-bright light.** Place container in an area with bright-medium bright light. You may need to rotate the trays to keep seedlings growing straight.
6. **Check daily.** Check the soil and add 2-4 tablespoons of water only if needed. The goal is moist soil; *not* soggy.
7. **Uncover the tray.** Once the seeds germinate and sprouts reach the top of the lid.
8. **Harvest when greens are 2-4 inches tall.** Growth depends on the species; most are ready in 10 days.

## RECOMMENDED MICROGREENS

### Fast-Growing (7-10 days)

- Arugula\*
- Broccoli\*
- Cabbage\*
- Cress
- Kale\*
- Mustard Greens\*
- Radish\*
- Sunflower\*

### Slow-Growing (14-28 days)

- Amaranth
- Basil
- Beet
- Carrot
- Cilantro
- Purslane
- Scallion
- Swiss Chard



\* Easy to grow variety

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## LEARN MORE WITH THESE RESOURCES

- ❖ Iowa State Extension <https://hortnews.extension.iastate.edu/2019/03/grow-your-own-microgreens>
- ❖ University of Maryland Extension <https://marylandgrows.umd.edu/2018/02/16/microgreens-tasty-accents-from-small-spaces/>
- ❖ South Dakota State University Extension <https://extension.sdstate.edu/growing-micro-greens>
- ❖ U of MN Extension: <https://extension.umn.edu/planting-and-growing-guides/starting-seeds-indoors>
- ❖ Johnnys Seeds Company <https://www.johnnyseeds.com/vegetables/microgreens/>

## **CLASS NOTES**

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### **REMINDERS FOR LATER**

How do I want to use microgreens in the kitchen? What do I want to try?

Where will I purchase seeds? Do I want a mild flavor or a spicier flavor?

Where will I put the containers while the microgreens grow?