

Instructions: Growing Microgreens in Soil

- 1) **Presoak seeds if needed.** Sunflower, buckwheat, peas, beet & cilantro require a presoak for quick, even germination. Soak time varies by species so check reference or seed pack.
- 2) **Prepare the trays.** You only need 1.5-2 inches of soilless mix. Premoisten the soil and then firm into the tray. Mist the surface with water. You want damp, not soggy soil.
- 3) **Spread seeds.** Spread seeds evenly across the tray. Large seeds will be almost touching.
- 4) **Water & cover.** Press the seeds into contact with the soil. Mist the surface of the seeds. Make a blackout/humidity chamber by misting the inside of a lid. Small containers can be placed inside paper bags. For large trays-use another tray to cover.
- 5) **Mist every 12 hours.** Maintain high humidity by misting the seeds and the inside of the lid.
- 6) **Uncover the tray.** Leave the trays in the blackout chamber for about 4-5 days. This encourages stronger seedlings. Once uncovered, put the trays in sunny window or under grow lights. You may need to rotate the trays to keep seedlings growing straight.
- 7) **Check daily.** Check the soil and add water if needed. Aim for moist, not soggy.
- 8) **Time to harvest!** Growth rate depends on the species and the temperature. Most are ready in 10 days.

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Intro to Microgreens

Slides & resources at: <http://blogs.oregonstate.edu/ediblegardens/>

Instructions: Growing Microgreens Hydroponically

- 1) **Prepare trays.** Pour water into tray (without drainholes is best). Add a growing pad cut to fit bottom of the tray. Swish to wet the pad. Flip over so pad is fully saturated. Make sure there are no dry spots.
- 2) **Spread seeds.** Sprinkle seeds evenly over the surface of the pad. Rate depends on the size of your tray.
- 3) **Mist & cover.** Mist the seeds. Make a blackout/humidity chamber by misting the inside of a lid. Small containers can be placed inside paper bags. For large trays-use another tray to cover.
- 4) **Mist every 12 hours.** Keep the seed moist by misting. You shouldn't need to add extra water to the pad at this point.
- 5) **Uncover the tray.** Leave the trays in the blackout chamber for about 4-5 days. This encourages stronger seedlings. Once uncovered, put the trays in sunny window or under grow lights. You may need to rotate the trays to keep seedlings growing straight.
- 6) **Check daily.** If the pad starts to dry out then add more water. Best to keep water in the channels.
- 7) **Time to harvest!** Growth rate depends on the species and the temperature. Most are ready in 10 days.

References

Amazon.com lists ~100 titles related to microgreens

A few good ones:

Microgreens-A guide to growing nutrient packed greens. 2009. Erik Franks and Jasmine Richardson

Microgreen garden: Indoor Grower's guide to gourmet greens. 2013. Mark Matthew Braunstein.

Seed Sources

- Johnny's Seed <http://www.johnnyseeds.com> (1/4 lb is smallest order)
- For smaller volume: www.GrowingMicrogreens.com
- Local health food store