

Grow Microgreens Indoors

Grow fresh greens all
year long!



Microgreens Indoors

Microgreens are baby plants, that are highly nutritious and tasty, not to mention pretty!

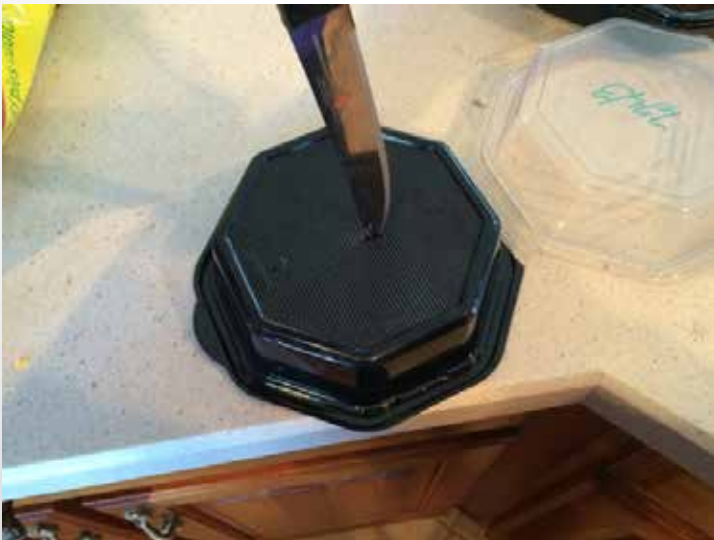
Research has shown that microgreens have 4 to 40 times more nutrients than the mature plants!



Microgreens

Use any shallow container. Restaurant carryout containers work great!

Poke a drainage hole in the bottom and fill with seed starter or potting soil.



Microgreens

Flatten potting mix for even germination and sprinkle seeds thickly on top.



Microgreens

Sift a fine layer of potting mix over seeds.



Microgreens

Mist or bottom water carefully so seeds aren't dislodged.



Microgreens

Cover to keep moist JUST until seeds germinate, then remove cover to prevent heat and humidity from building up.



Microgreens

Put in sunny window and/or under lights, and water when surface starts to dry.



Microgreens

Keep moist and let them grow! Harvest after first set of true leaves have developed.



Microgreens

Most microgreens are harvested within 14 days of planting, when they are 3-4 inches tall.

Plant a variety for different colors and flavors. Try peas, sunflowers, radishes, mustards, cabbages, lettuces, and herbs.

Once harvested, dump out the container and start another crop!! Plant some every few days to have a steady supply.

Microgreens

Enjoy this “vegetable confetti” on salads, sandwiches, in smoothies and in other dishes!!



Questions?

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