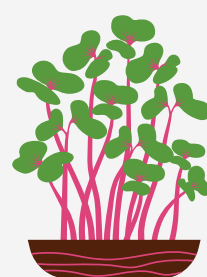


GROWING MICROGREENS



STEP BY STEP GUIDE ON HOW TO GROW MICROGREENS.

WHAT YOU WILL NEED

Potting Soil, an Aluminum Tray or Pot (at least 2 inches deep), 1 Tbsp Seeds (see list below), Spray bottle with water. *Optional: Compost

STEP 1

Fill the container with even layer of potting soil (about one inch in depth).



STEP 2

Scatter the seeds over soil, and cover with 1/8 inch of soil and some compost (if you have) to add a little extra nutrients. Note: The more seeds you have/spread, the more compact the microgreens will be once they grow.

STEP 3

Water with a spray bottle to moisten the soil. Place your container in a spot where it will get at least four hours of sunlight. For indoor growth, a south-facing window is best, and an east- or west-facing one will do as well.



STEP 4

Avoid letting the soil dry out. Mist the tray daily, keeping the soil moist but not wet.

You should see sprouts popping up in approximately three to seven days.

CARE & MAINTENANCE

Remove any weeds that pop up, so that the tiny greens do not have to compete with them for water and nutrients.

Microgreens are rarely bothered by pests and diseases since they grow for such a brief time before harvesting



WHAT MICROGREENS CAN YOU GROW



Alfalfa	Broccoli	Lettuce Greens	Swiss Chard
Amaranth	Buckwheat	Mustard	Wheatgrass
Arugala	Carrots	Peas	
Basil	Collards	Radish	
Beets	Kale	Sunflower	

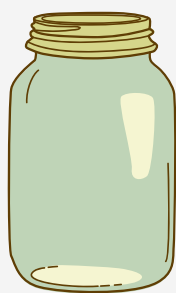
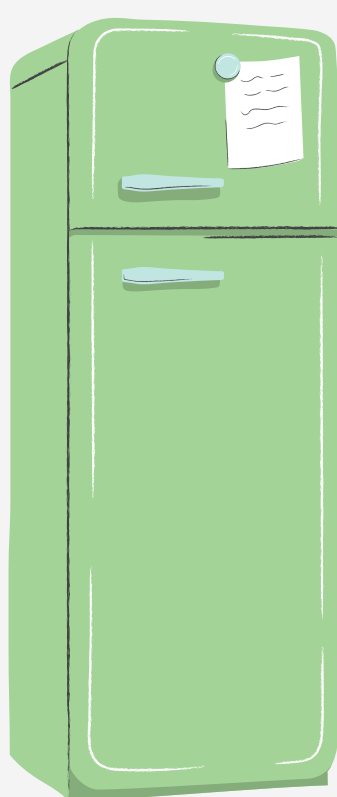
HOW TO HARVEST MICROGREENS

The first leaves you will see are seed leaves. They do not look like the actual leaves of the plant.

The best time to harvest microgreens is when they have developed the first set of true leaves, about 10 days (1 and a half weeks) to two weeks after planting.

To harvest, simply snip the microgreens just above the soil level. You will not be able to get additional harvests from one planting of microgreens, because the plants have not had much time to develop and you are snipping off everything except the very bottom of the stem-they have no way to generate new growth.

The good news is you can plant another crop after harvesting by simply scattering fresh seeds and covering them with soil. You do not even need to remove the old roots; they are a reliable source of organic matter.



STORAGE

Microgreens should be dry to the touch before storing them in the fridge.

Cut microgreens at the soil level with scissors and place them in a container with a paper towel or cloth on the bottom and place a lid on top.

Change the cloth or paper towel as needed to keep microgreens dry.

Microgreens will last up to 5 days in the refrigerator.

WHERE TO USE

Sprinkled on salads
Added to sandwiches or burgers,
Tossed in soups and stews
Added as a topping, on tacos or pizza
Blended into smoothies,
or combined with other greens.

(They are best eaten raw to absorb all the nutrients from this superfood).

