

*Steps in **red** have been provided*
Steps are listed in numerical order

Microgreen stage

1. Grab a plastic container and flip the lid upside down
2. Grab a paper towel and from the inside of the lid and slide it through the slit one side (can fold to adapt to the size of the slit)
3. Slide the other side through the other slit
4. Flatten excess paper on top
5. Fill the container with water (don't worry about nutrients). This will serve as a self-watering reservoir for the seedlings and refilling as needed.



6. Place the upside-down lid in the container full of water
7. Wait until both paper towels are wet then layer broken down soil on top of it (Seed starting soil is recommended)



8. Let the soil sit for a little bit to allow the soil to become damp (Spray the soil with water to help the process)



9. Lay rows of multiple seeds of your choice



10. Sprinkle a bit of soil over the seeds (to cover)



11. Spray the lid cover (container taped on top) with water.



12. Close the lid cover. Since the topsoil is lightly covered in Step 10, this will serve to simulate a dark moist atmosphere for the seed to begin germinating.



13. Leave alone and check after two - three days
14. Continue to spray the lid cover lid with water as needed until most of the seed has been sprouted with their cotyledons (an embryonic leaf in seed-bearing plants). At this point, the lid cover should be kept off as they will need natural light or grow light because they are going to get leggy with the cover lid on.

