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 highly recommended)

8. Let the soil sit for a little bit to allow the soil to become moist and lightly spray the soil with water to help the process. (Note that the seed coat absorbs water from the moistened soil, causing it to swell and rupture as part of the germination).

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 which function as a humidity dome (container taped on top) with water.

12. Close the humidity doom/lid cover. The idea behind humidity domes is to trap heat and moisture – both variables that improve and quicken seed germination (i.e. break dormancy and germinate).

13. Leave alone and check after two - three days. A good rule of thumb is that seeds will germinate within three weeks (after that, try starting a new round of seeds).
14. Continue to spray the humidity doom with water as needed until most of the seed has been sprouted with their cotyledons (an embryonic leaf in seed-bearing plants). Note that venting the humidity domes is essential because they often work a little too well, and actually end up trapping too much heat and moisture. You can easily monitor this problem by periodically removing the domes and lightly patting the excess water off (not completely dried) with a paper towel before returning closing the lid.
15. Keep the humidity dome off as soon as the majority of the seeds sprouted. Domes can stay on when the first couple of seedlings have appeared, but once half the tray has popped up, take the dome off the seedlings If you don't remove a humidity dome in time, you run the risk of leggy seedlings or fungal issues. Seedlings need airflow to grow into healthy plants.
16. Move the seedlings to the sunniest spot (preferably a south-facing as they will need direct sunlight) or under a grow light.

17. Consider transplant into a hydroponic grow box when the stem of the seedlings is greater than 1 inch in length and the first “true set” of leaves starting to sprout out. Select the healthy/strongest seedlings to transplant. (Note that the first two leaves like is called cotyledons and is not the seedling “true” leaves. The cotyledons feed the plant until all the nutrients are used up. Once they’re spent, they naturally wither and fall off the stem as new leaves form.)

Beginning

End