

## Growing Microgreens

You can grow tasty microgreens in a matter of days with just a few items from your kitchen, some potting soil and seeds. Be sure to have all the materials ready before getting started.

### Materials

- Repurpose a clean 5 oz. salad greens box, takeout plastic container or foil pan
  - Good quality potting soil
  - \*Microgreen seeds (available at local garden supply stores or from online seed catalogs)
  - Shaker jars (a clean spice jar, pepper shaker or parmesan cheese shaker)
  - Paper towels
  - Water
- \*Tip:* Seeds of leafy greens like lettuce, mizuna, or arugula can also be used.

### Steps

- Fill half of the container with soil
- Gently level soil and pat down
- Shake seeds over soil, enough to generously cover the soil surface
- Place paper towel over seeds/soil surface
- Gently pour water over the paper towel. It's okay to soak paper towel and soil. If there is standing water in the container, leave the paper towel in place and carefully pour off the excess water.
- Place container in a warm location; a sunny windowsill or protected outdoor area

Check the pan daily to be sure the paper towel doesn't dry out. Water lightly if it appears dry. In 3-5 days, the seeds should be sprouting. Remove the paper towel and discard. You may notice very fine gray fuzz on the seedlings. This is *not* a fungus, but early-stage roots. *\*Tip:* If you used a clear plastic container, you will be able to observe the seeds take root.

**Harvesting:** You can harvest the microgreens when they are 3-4" tall. Use a pair of clean scissors to cut the greens about an inch from the soil level.

**Uses:** Sprinkle microgreens on your salad, sandwich, or blend in a smoothie.