



Grow Your Own Microgreens



Seeds, potting soil, container
and instructions included

See other side for detailed growing instructions.

I hope you grow more micro-greens after this first batch. Home-grown micro-greens are nutritious, easy to grow and much cheaper than buying them at the store.

It's important to use good quality potting soil – I use *Miracle Gro Moisture Control*. Seeds are less expensive in bulk – I buy mine online from *Johnny's Selected Seeds* at Johnnyseeds.com.
Keep seeds in the refrigerator to make them last longer.

Happy Growing! Dawn Standke, UCCE Master Gardener

Questions? Comments? Email me at dstandke@gmail.com

MILD MICROGREEN MIX

Mizuna Cabbage, Kale, Kohlrabi

Mildly flavored brassicas

SPICY MICRO MIX

A colorful blend of red and green mustards with various textures.



For more ideas on growing food and making other sustainable choices in your outdoor spaces visit the Earth-Friendly website –
mastergardenersd.org/sustain

Micro-greens Kit

Place your soil in the growing tray with the holes. Place this container inside the one with no holes. Add water. It takes quite a lot of water to rehydrate dry potting soil. Wait about an hour.

Check to see if your soil is wet enough - stick your finger in the soil. Is it wet all the way through? It should be very moist – not soup, but good and wet. Add more water if it is dry. Once your soil is moist, pat it down – you want a smooth surface to plant your seeds. Sprinkle the seeds evenly over the surface of the soil.

Place the paper towel over the top of the soil. Fold in the edges. The soil should be wet enough to soak the paper towel. If it doesn't get wet, add more water now. Sunlight is not needed at this point so you can keep your container indoors if you like. Go ahead and peek each day to see how your seeds are doing. If your new little plants stick to the paper towel, just put it back in place – the micro-greens will root back into the soil. No need to pat the paper towel back down. In a few days your micro-greens will have lifted the paper towel and you can remove it. When most of the seeds have sprouted, remove the paper towel if it is still there.

The next step is the only tricky part – finding a spot with enough – but not too much sun. Too little sun makes weak, spindly micro-greens. Too much sun dries out your soil. Full sun is great – unless you are going to be gone all day and the soil might dry out. You will have to experiment to see what works for you.

Make sure the soil does not dry out! If the surface of the soil dries your microgreens will die. If you are going to be away, add more water. They will tolerate being too wet – even standing in water but drying out will kill them. Apply water to your microgreens gently; don't wash them away.

Micro-greens are ready to eat when they are about an inch tall, usually in about 7 - 10 days. Harvest by cutting low on the stems with scissors. Rinse to remove any soil. Individual microgreen plants will not grow back. Plant more seeds for a new batch of microgreens.

Happy Gardening!

Dawn Standke, UCCE Master Gardener



This is not mold – normal “fuzzy” root hairs appear when seeds first sprout



Standing in water is better than drying out

