



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.

Growing Microgreens

Place good quality potting soil in a growing tray that has holes in the bottom. Place this container inside another with no holes and add water. If the potting soil was dry, it will take quite a lot of water to rehydrate it.

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. Seeds should be 1/8" to 1/4" apart.

Place a paper towel over the top of the seeds/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. Check daily to see if the soil is moist. Apply water to your seeds/microgreens gently; don't wash them away.

As soon as some of your seeds have germinated, you can put them outside in the sun (see below). Keep the damp paper towel on. If your new little plants stick to the paper towel just put it back in place – the microgreens will root back into the soil. No need to pat the paper towel back down. In a few days your microgreens will have lifted the paper towel and you can remove it.

Finding a spot with enough sun - but not too much - is the tricky part. Too little sun makes weak, spindly microgreens. Too much sun dries out your soil. Full sun is great – unless you are not going to be home and the soil might dry out. You will have to experiment to see what works for you.

Dry soil equals dead microgreens! If the surface of the soil dries out, your microgreens will die. If you are going to be away, add more water or move them into the shade or even indoors. They will tolerate being too wet – even standing in water - but drying out will kill them.

Microgreens are ready to eat when they are an inch or two 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.

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Make sure your soil is wet all the way through.



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



Standing in water is better than drying out.



Scan the QR code for these growing instructions.