

## Growing Microgreens

- Microgreens may be tiny, but they contain intensified amounts of antioxidants and nutrients
- They are the 2nd stage of a plant's development
- Microgreens require a sterilized seed starter soil-less mix or coir
- Best grown in a warm location under grow lights
- Buy seeds from a reputable company to guard against soil-borne contamination
- Sterilize a shallow container with drainage holes
- Use about 1/2" – 1" deep soil and moisten with a spray bottle
- Sow seed densely, press down gently and mist
- Leave seeds uncovered unless packaging indicates seeds need darkness to germinate
- Uncovered seeds grow cleanly with less soil on leaves
- Cover container to keep moist until seeds germinate, misting when necessary
- Uncover and continue to grow under grow lights
- Keep the soil moist rather than wet and water from the bottom
- Best harvested after the first true leaves develop, 10 days to 2 weeks after planting
- Snip the greens with scissors above soil level and rinse well before consuming
- Eat fresh after harvesting (add microgreens to a salad, sandwich, wrap or dip)
- Add thick stem microgreens like sunflower, pea, or bean to a stir fry
- Try beets, kale, Swiss chard, mustard greens, broccoli, endive, arugula, spinach, cauliflower, or herbs; for flavours that range from mild to pungent, earthy, spicy, sweet, and peppery
- If allowed to grow beyond the microgreens stage, they are 'baby greens'
- Soil and roots can be added to compost
- Use fresh soil each time to avoid contamination

