

# GROWING MICROGREENS AT HOME

A quick and rewarding way to grow your own greens — ready to harvest in just 7–14 days.

## WHAT ARE MICROGREENS?

Microgreens are young vegetable or herb plants harvested shortly after sprouting their first true leaves — somewhere between sprouts and baby greens in size, packed with flavor and nutrients.

## POPULAR VARIETIES

- Broccoli, cabbage & radish
- Sunflower & pea shoots
- Arugula & mustard
- Basil & cilantro
- Lettuce & spinach mixes

## WHAT YOU'LL NEED

- Shallow tray or container
- Seed starting mix or potting soil
- Microgreen seeds
- Spray bottle
- Sunny window or grow light

## WHY GROW MICROGREENS?

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## HOW TO GROW: STEP BY STEP

1. Fill your tray. Add 1–2 inches of moist seed starting mix and level the surface.
2. Sow seeds densely. Sprinkle evenly across the surface — microgreens grow much closer together than typical vegetables.
3. Press seeds into the soil. Gently press down so seeds make good contact. No need to bury deeply.
4. Water carefully. Mist with a spray bottle to avoid disturbing seeds. Keep soil evenly moist, not soggy.
5. Provide light and warmth. Place in bright light — a sunny window or simple grow light works well.
6. Harvest. Snip greens just above the soil line once first true leaves appear (usually 7–14 days). Rinse and enjoy.

## CARE TIPS

- Mist once or twice daily — never let soil dry out completely
- Ensure good airflow to prevent mold
- Aim for at least 4 hours of direct sunlight daily
- Keep away from cold drafts
- Leggy or pale greens? They need more light

## USING YOUR MICROGREENS

- Add to salads for color and crunch
- Layer onto sandwiches and wraps
- Toss into smoothies for a nutrition boost
- Garnish soups, eggs, and grain bowls
- Store in a sealed container in the fridge