

What You Need to Grow Micro Greens

Seeds

Clean water

Spray bottle or mister

Tray with no holes

Smaller trays with holes

Growing medium - seed starter soil or coconut coir are good

Window with some sunlight or a grow light

How to Grow Micro Greens

1. **Cover the bottom of the container with around an inch of moist medium**, gently pressing it with the flat of your hand until it is level.
2. **Spread your seeds in an even layer** on the top of the soil then press them into the soil very gently with your hand. Growing tip: if you can easily count individual seeds after sowing, you're probably seeding too sparsely. If seeds are stacked on top of each other, you're definitely too dense. They can touch but not overlap. Bigger seeds need more space between them - like sunflowers and peas. Smaller seeds can be spread more densely. Aim for 40 - 60% coverage.
3. **Add another thin layer of soil to the container**, completely covering the seeds, spray with a mister, then put a lid on the container or cover it with plastic wrap. **No light needed at this point.**
4. **Keep the soil moist** by spraying it gently with a mister once or twice a day, as needed.

5. Once the seeds start to sprout – generally somewhere for 3 to 7 days – **take off the lid or plastic wrap.**

6. **Place the tray where the sprouts will receive light** - either sunlight or grow light. They need at least 3-4 hours of sunlight.

7. **Continue to keep the soil moist** by bottom watering once a day until your micro greens are ready to harvest. Use scissors or snips to harvest.

When to Harvest Microgreens

Harvest time depends on the type of micro green, but generally speaking, they are ready to harvest when they have developed their first true leaves, usually within 7 to 21 days after planting. Using scissors, cut them just above the soil line.