

Let's Grow Microgreens !

Microgreens are fun and easy to grow at home. You can discover the wonder of seeds coming alive and growing into a tasty, colorful snack in just a few weeks.

What are microgreens?

They're baby plants or shoots that are harvested and eaten when they're just a few inches tall. Microgreens are full of vitamins and flavor.

For this project you will be growing: _____

Fun Fact: Microgreens are sometimes called "vegetable confetti," a playful reference to the tiny leaves in a range of colors.

STEP 1: Take a few minutes to complete columns 1 and 2 in the chart below.

When I am growing microgreens

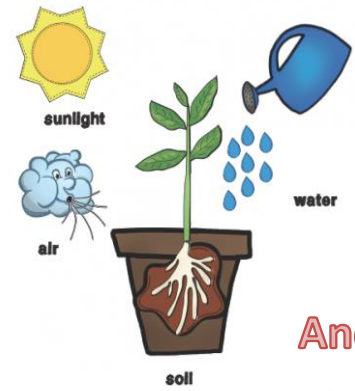
What do you KNOW ?	What do you WANT to know?	What did you LEARN ?

Supplies: Seeds (seeds specifically labeled for growing as microgreens or sprouts are best). Clam shell or other plastic food container, potting soil, spray bottle or other watering source, plate or plastic lid to catch water that drains.

STEP 2: Using the water bottle sprinkler you have made, carefully open your bag of soil and add enough water until it becomes lightly moistened.

STEP 3: Spread a 1-2 inches of the pre-moistened soil in the clam shell (or tray). Keep the clam shell container on the tray, there are holes in the bottom that soil or extra water may drain from.

Plant Needs



And
you!

STEP 4: Scatter seeds evenly over the planting mix, place very close together. Unlike other plants, microgreens like to grow close together.

*Note: You will have extra seeds – you may want to plant these as second crop when you have harvested your first crop of microgreens.

STEP 5: Spread a thin layer of moistened soil (1/4 inch deep) over seeds and press lightly with your fingers.



STEP 7: Close the lid on your clam shell and place it in a warm, bright spot. If you checked out a grow light, use the timer function set for 12 hrs. Make sure your light(s) are positioned 4 inches above tray.

*If you do not have a grow light, a sunny window is ideal.

*If you do not have a clam shell, you can cover with a plate or, lid of some sort.

STEP 8: Keep the soil moist but do not drown your seeds.



*When the plants start to grow (germinate) keep the lid of clam shell open. Remember one of the things plants need to grow is air! As soon as seedlings emerge, provide plenty of light on a sunny windowsill or your grow light turned on 12 hours per day, off for 12 hours at night.

STEP 9: Observe daily. Check soil moisture and water as needed. Most seeds will germinate in a few days to a week. Once they're up they'll grow quickly. Rotate the containers every day or two so the stems grow straight. *Raise the lights as the plants grow taller.

STEP 10: Harvest your microgreens. Plan to harvest when the plants are over 3 inches tall, or when they've developed one or two sets of true leaves. Wash hands and use clean scissors to cut the stems just above the soil.

STEP 11: If you choose to, you can send the students home with a sample of microgreens (preparation instruction in the Food Hero monthly) to try at home. Encourage students to wait till they get home and wash thoroughly before eating.

STEP 12: Go back to the chart on the front of this instruction page and write in the third column what you have learned about growing microgreens; how many different colors do you have?

Source: <https://kidsgardening.org/growing-guide-microgreens/&https://www.burpee.com/gardenadvicecenter/standard-articles-and-videos/gardening-how-to-articles/how-to-grow-microgreens/How+to+Grow+Microgreens.html>