



Grow Microgreens at Home

Microgreens are baby plants that are used like salad.



Materials Needed

Containers--We are using mini loaf pans

Seed starting mix--You can buy this at a garden store. May sure you get something that is for vegetables

Seeds (kale, peas, radish, kohlrabi, turnip, etc)

Water

Sunny window

Scissors

Paper towels or lid

Procedure

Step One

If using pea or radish seeds, soak seeds overnight in a bowl of water. Make sure the water covers the pea or radish seeds by two inches. If using another type of seeds, skip this step.



Step Two

Wet the seed starting mix so that it feels like a damp sponge--not too wet and not too dry.

Step Three

Fill your tray with organic seed starting mix. Leave a little bit of space at the top for the seeds.

Step Four

Add the soaked pea seeds to the top of the soil. Make sure you have only one layer of seeds. The seeds can touch, but should not be in a pile. Cover the top of the tray with a folded wet paper towel or lid.

Step Five

Put in front of a window and water if the soil feels dry. When the microgreens start to grow, they will lift the paper towel or touch the lid. When this happens, remove the paper towel or lid.



Step Six

Keep watering a little bit each day until the microgreens are four inches tall. Once they are four inches tall, you can harvest. Use the scissors to cut off the top half of the plant for your salad. If you are growing pea seeds, you can get another harvest. In that case, make sure you leave some stem and leaves attached so the plants can continue to grow and give you more salad.

Step Seven

Repeat!

