

Grow Your Own:

Microgreens and sprouts in your own kitchen!

Did you know you could grow nutrient-packed mini plants on your windowsill in a week? Almost any kind of seeds will work, though some grow faster (and have more vitamins and other nutrients) than others.

Fast facts

According to local microgreen farmers at *Little Wild Things Farm*:

- **Sprouts** are germinated seeds, just a few days old, with the seed still attached.
- **Microgreens** are seedlings that are 7-10 days old.
- **Baby greens** are 3-4 weeks old.
- Sprouts and microgreens are 4-6 times more nutrient dense than full grown plants! WOW!

Steps to start growing your own

Materials needed

- Seeds
- Potting Soil
- A plastic container with a lid

BEST SEEDS FOR MICROGREENS

- arugula, broccoli, kale, radish

MORE CHALLENGING/SLOW SEEDS

- beet, celery, chard, cilantro, herbs

GOOD SEEDS FOR SPROUTS

- corn, sunflower seeds (still in husks)



Directions:

1. Choose your seeds*

*If you are planting large seeds like beets, chard, corn, or peas, you may want to soak them overnight before using them.

2. Fill the container with 1 inch of damp soil.
3. Generously sprinkle soil with seeds.
4. Cover seeds with a thin layer of soil.
(Some seeds such as arugula, kale, peas, sunflowers also like a thin, damp towel on top.)
5. Gently water, then cover and label your seed tray with the date and type of seed.
6. If you are planting multiple trays of seeds, you can stack the seed trays. The stacking helps the seeds feel like they are planted in the ground, so they work harder (and grow stronger) pushing the tray above them up. It's not a necessary step, but it does also save on space if you are growing a few trays
7. Check back daily, lightly watering as needed.

Plant care

- Keep soil moist but not soggy, and check daily so it doesn't dry out!
- Once seeds have germinated (sprouted), move your seed tray to a sunny spot or under grow lights.
- Your sprouts or microgreens should be ready to harvest in about a week from planting, give or take a few days.

Expert tips

- Some plants will sprout again after the initial harvest. This includes peas.
- Some plants will be done after the first harvest. This includes most brassicas like broccoli, kale, and radishes.
- Corn sprouts will be sweeter if plants are kept in the dark.



Eating your microgreens and sprouts

- Once they are ready to harvest -- generally 3-5 days for sprouts, or 7-10 days for microgreens -- use clean scissors to snip the seedlings about ½ inch above the soil line.
 - Scatter homegrown microgreens and sprouts atop soups, salads, eggs, tacos, or a sandwich!
 - Here are [some ideas for using microgreens as garnishes from Little Wild Things Farm!](#)
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Learn more

For more tips on growing and eating sprouts and microgreens, check out our farmer friends at [Little Wild Things Farm](#).

Try it out!

I am growing _____ sprouts/microgreens (circle one)

Planting date: _____

Harvest date: _____

How I enjoyed eating my homegrown greens: _____