

How To Grow Microgreens and Sprouts



Why

Microgreens are simple to grow, require very little maintenance, and like newer plants, carry significantly higher nutritional value than the full grown plant itself! Within 1-2 weeks of starting, you can enjoy a plentiful addition to your meals!



What to grow

Search for microgreen mixes to start, but there are many options to try! Broccoli, cress, peas, radish, sunflowers, corn, and herbs are all great opportunities to pack in extra flavor and nutrition through the non-growing months

How to start

Start with high quality seeds. Filling a tray or other low container with about two inches of pre-moistened soilless mix, and then sprinkle the seed evenly over the mix. There's no need to cover small seeds. In fact, you'll likely get more consistent germination by leaving them uncovered. Water gently, and keep the soil consistently moist. When the tiny plants look and taste ready, cut the tender stems just above the soil line with scissors. Some microgreens go from seed to plate in little more than a week.



Tips

Keep trays under natural light, such as a countertop or windowsill. If natural light is unavailable, a simple LED light is encouraged, as the warmth of the soil will encourage growth.

Try out different seeds and enjoy the greens at various stages of growth. Simple enough to experiment with - enjoy the harvest!



Different from microgreens, sprouts do not require soil to grow. Using a jar with seeds that have germinated without soil. Harvested in just a few days, they impart flavor and crunch to sandwiches and salads, or interesting texture to cooked dishes. Similar to microgreens, they are full of nutritious benefits and will be welcome additions through the non-growing months.

How to get started

Rinse and soak seeds for 5 minutes in cold running water, removing floater seeds at the top. Using a straining lid on a mason jar (with plenty of room and space to grow). Drain out water, and turn jar on its side in a dark, warm spot. Rinse and strain 3-4 times a day, until sprouts are 2 inches in length. If sprouts are not green, place in partial sunlight to finish - no more than a half a day.

Safety precautions

A moist, warm environment is encouraged for sprouting seeds, which is also the perfect venue for bacteria to linger. Consider treating seeds with a 3% solution of hydrogen peroxide (or 2T vinegar per 1C water) for 3 minutes prior to starting seed germination, and sanitize (hot water treat) all containers that will be used.



The mission of The GardenWorks Project is to promote organic suburban agriculture to improve the well-being of our community, the environment, and those facing food insecurity. We empower, educate, and support all food growers in their efforts to nourish their families and neighbors in need.