

# THERE'S MORE THAN ONE WAY TO GROW, AND THAT'S OK.

## CONTAINERS

You can grow microgreens in any container available. Microgreens grow for such a short time and don't need much root space, so any container that is 1/2 inch deep or more works great. Feel free to use berry containers, old pots, trays - it doesn't have to be fancy.

01

## GROWING MEDIUM

Use a sterile seed germination, potting mix or coco coir. Soil should be light and fluffy with a fine "grain". You can also use hydroponic mats made from hemp, jute or rock wool. Stay away from compost or garden soil.

02

## SEED

High quality seeds are important. I only use and sell untreated Non-GMO seeds (organic when possible). Use sprouting quality seed.

03

## WATER/LIGHT

Your microgreens will need a moderate amount of indirect light after germination to grow happy. They will also need water. About 1-3 tablespoons per day after germination is usually pretty good for a container that is about 6 inches round

04

# TO SOAK OR NOT TO SOAK...

→ THAT IS THE QUESTION

- Soaking softens the seed and gets it primed to germinate quickly.
- Soaking seeds also helps the plant to shed the seed hull easier.
- Some growers will recommend different soaking times for each variety. I find that a simple overnight soak for all varieties works well.

BEET   BUCKWHEAT   CHARD   CILANTRO  
NASTURTIUM  
PEA   POPCORN   SUNFLOWER



# MICROGREEN SEEDS

→ SO MANY VARIETIES,  
SO LITTLE TIME

## QUICK GROWING VARIETIES

+ - 10 Days

- |            |            |
|------------|------------|
| • Broccoli | • Cabbage  |
| • Radish   | • Arugula  |
| • Pea      | • Mustards |

## INTERMEDIATE VARIETIES

+ - 14 Days

+ - 28 Days

- |             |              |
|-------------|--------------|
| • Amaranth  | • Carrot*    |
| • Leek*     | • Cilantro*  |
| • Beet      | • Celery     |
| • Chard     | • Nasturtium |
| • Mustards* | • Basil*     |

# EAT THOSE GREEN S



Find more recipes and meal inspiration on my website [recipes page](#) as well as on [Facebook](#) and [Instagram](#).

# TROUBLESHOOTING

For when things don't go  
as expected.



## UNEVEN GERMINATION

- Uneven watering
- seed drying out during germination
- Not soaking seeds that require soaking - pea, sunflower, beet
- Uneven pressure during germination

## MOLD

- Overwatering
- Lack of airflow

## DROOPING MICROGREENS

- Inconsistent watering
- Lack of water
- Too much direct airflow

# ADDITIONAL RESOURCES

## SEEDS

TrueLeafMarket.com  
JohnnySeeds.com  
HighMowingSeeds.com  
EggPlant Urban Farm Supply

## SOIL

TrueLeafMarket.com  
Garden Centers, Home  
Depot, Lowes  
Look for Seed Starter or  
Coco Coir Bricks/pucks  
CocoGro, ProMix, Sunshine  
Mix

## TRAYS/DOMES

TrueLeafMarket.com  
BootstrapFarmer.com

## KNOWLEDGE

YouTube - Donny Greens, On The  
Grow  
Facebook: Microgreens Support Group  
BootstrapFarmer.com - Resources  
Section