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.

GROWING MEDIUM

Use a sterile seed germination, potting mix or coco coir. Soil should be light a 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.

SEED

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

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

01

02

03

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
- Radish
- Pea

- Cabbage
- Arugula
- Mustards

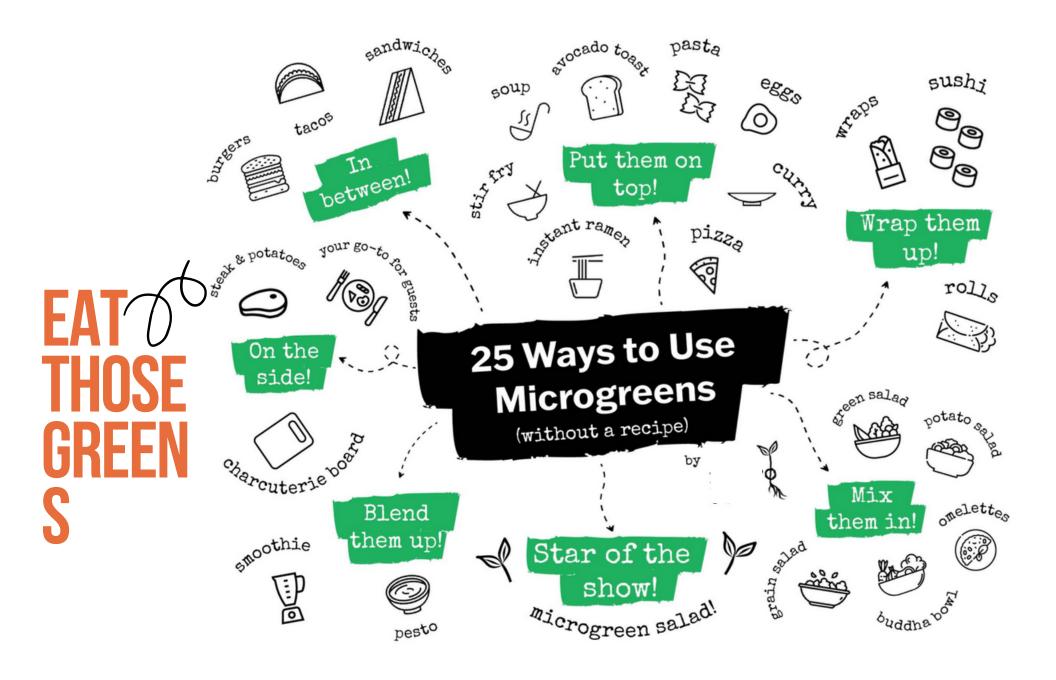
INTERMEDIATE VARIETIES

+ - 14 Days

+ - 28 Days

- Amaranth
- Leek*
- Beet
- Chard
- Mustards*

- Carrot*
- Cilantro*
- Celery
- Nasturtium
- Basil*



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